

FREE RECIPES FROM OUR TABLE TO YOURS

ingles table



A NOTE FROM CINDY

Winter is here, bringing with it an abundance of delicious seasonal fruits and vegetables. Cooking with fresh, in-season produce ensures your recipes are at their tastiest!

To start the new year, we've redesigned our printed magazine to make it more eye-catching and user-friendly. After exploring this issue, head to ingles-markets.com, click on the Ingles Table banner, and explore even more delicious creations from our Professional Chefs and Home Cooks. You'll also find past issues, easy-to-follow demonstration videos, and printable recipes to inspire your next meal.

Feel free to put your own twist on these recipes—after all, cooking should be fun! Ingles offers a variety of products to enhance any dish. One of my favorite ways to get creative in the kitchen is by exploring the amazing foods in the International Aisle. Blending flavors from different cuisines can lead to delicious surprises, like Mexican Lasagna or Asian Tacos—the possibilities are endless!

Looking for convenience without compromising on quality? Stop by the Ingles Deli for freshly sliced meats and cheeses, award-winning salads, made-to-order sandwiches, fully prepared meals, and more. And don't forget to visit the Ingles Bakery, where fresh-baked breads, cakes, donuts, and decadent desserts are waiting to make every meal even more special.

No matter how busy life gets, Ingles is here to help make mealtime easier and more delicious. We can't wait for you to explore all the flavors of the season!

-Cindy

Cindy Mixon - Ingles Markets Vice President Deli/Bakery/Starbucks

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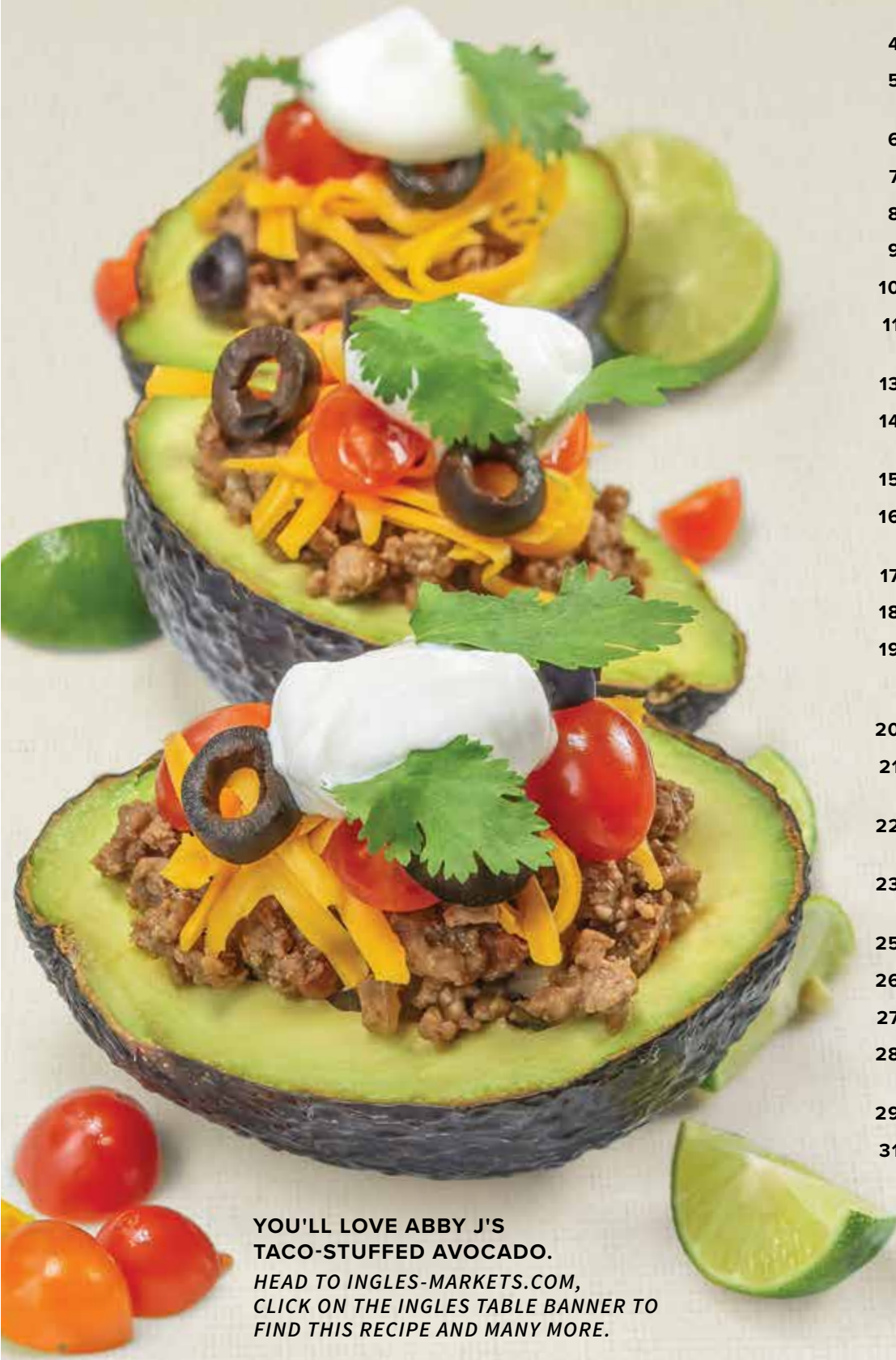
PHOTOGRAPHY + PROP STYLING

ROGER DOWNES + AUBRIE MCGUFFEY + CARLEE ELLISON / DOWNES MEDIA

WINTER 2025

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YOU'LL LOVE ABBY J'S TACO-STUFFED AVOCADO. HEAD TO [INGLES-MARKETS.COM](https://ingles-markets.com), CLICK ON THE INGLES TABLE BANNER TO FIND THIS RECIPE AND MANY MORE.

Winter Produce

FRUITS

Bursts of vibrant flavors and colors come into season during winter. Oranges, grapefruits, lemons, and limes are at juiciest while supplying an abundant source of vitamin C to help boost our immune systems during the cold season. Pomegranates deliver sweet-tart bursts of ruby red flavor along with a wealth of antioxidants. Late-season apples such as Granny Smith and Fuji are at their peak. These apples are perfect for snacking and baking. Now is the perfect time to try a fruit you might not have regularly: persimmons. This sweet and honeyed fruit can be enjoyed fresh or added to various dishes. Additionally, winter fruits brighten up your meals and provide a healthy dose of vitamins and nutrients.

**LATE VARIETY APPLES • AVOCADOS • BANANAS • ORANGES
GRAPEFRUITS • LEMONS • LIMES • TANGERINES • CRANBERRIES • DATES
FIGS • KIWIFRUIT • PAPAYAS • PASSION FRUIT • PINEAPPLE
POMEGRANATES • APRICOTS • PERSIMMONS • PLUMS**

VEGETABLES

Some vegetables thrive in colder temperatures. They are not only flavorful and nutritious but also versatile for creating hearty comfort foods when it's cold outside. Earthy Brussels sprouts, sweet potatoes, beets, and kale add a ton of rich color and texture to stews and soups, all while nourishing your body with essential vitamins and nutrients. Embrace winter vegetables because they are at their peak right now. These winter vegetables are not only at their peak but also add warmth, depth, and nourishment to your meals.

**GARLIC • LEEKS • ONIONS • SHALLOTS • BEETS • BROCCOLI
BRUSSELS SPROUTS • CABBAGE • CARROTS • CAULIFLOWER • CELERY
FENNEL • MUSHROOMS • PARSNIPS • POTATOES • SQUASH
RADISHES • RUTABAGA • SWEET POTATOES • TURNIPS • GREENS • SPINACH**

Prosciutto, Sun-Dried Tomato and Gruyère Quiche

SERVES: 6-8

- 1 pre-made deep pie crust
- 6 eggs lightly beaten
- ½ pint cherry tomatoes
- ½ tbsp. olive oil
- 1½ cups milk
- ¼ cup sliced sun-dried tomatoes
- ¾ cup grated Gruyère cheese
- ⅓ cup white cheddar cheese
- 3-4 slices fresh prosciutto, cut into small pieces
- 3 tbsp. chopped fresh parsley
- 1 tsp. salt
- 1 tsp. pepper

1. Place pie crust in a deep dish pie pan. Preheat oven to 350F°.
2. In a small pan, heat the olive oil. Add the cherry tomatoes and over medium heat cook for a few minutes until they begin to soften and burst. Remove from heat.
3. In a large mixing bowl combine all remaining filling ingredients. Add in the cherry tomatoes. Stir to evenly combine.
4. Pour mixture into pie crust and bake for 60 minutes. Let cool and enjoy!

CHEF NOTES:

This delicious quiche makes a perfect meal any time of day!





CHEF ABBY'S
ITALIAN BREAKFAST BOWL
RECIPE ON PAGE 12



KAITLYN BAKER'S

Enchilada Chicken Chili

SERVES: 4-5

- 2 cups shredded chicken
- 2 cups red enchilada sauce
- 1 (15 oz.) can black beans
- 1 (15 oz.) can corn, drained
- 4 cups chicken broth
- 1 onion, chopped
- 2 cloves garlic, minced

- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1 cup shredded cheese
- fresh cilantro, lime, and jalapeño, for garnish

1. In a large pot, sauté onions and garlic until fragrant.
2. Add chicken broth and enchilada sauce, shredded chicken, black beans, and corn. Season with chili powder, cumin, and paprika. Simmer for 20-25 minutes.
4. Add cheese and stir until melted.
5. Garnish with fresh cilantro, lime, and jalapeno before serving, if desired.

THE HISTORY OF
RAVIOLI

The earliest mentions of ravioli are from the 14th century but it became popular in the 16th century and it was often served during holidays and celebrations.

Canned ravioli became popular during the first World War, due to its long shelf life, by the Italian Army. They would stuff the pasta with beef, chicken, or sausage along with a tomato and cheese sauce.

From the Italian word, Riavvolgere, ravioli means "to wrap."

St. Louis, MO is known for their toasted ravioli that is breaded and deep fried.

Other cultures have adapted their own versions of stuffed pasta including Chinese Wontons, and Jewish Kreplach.

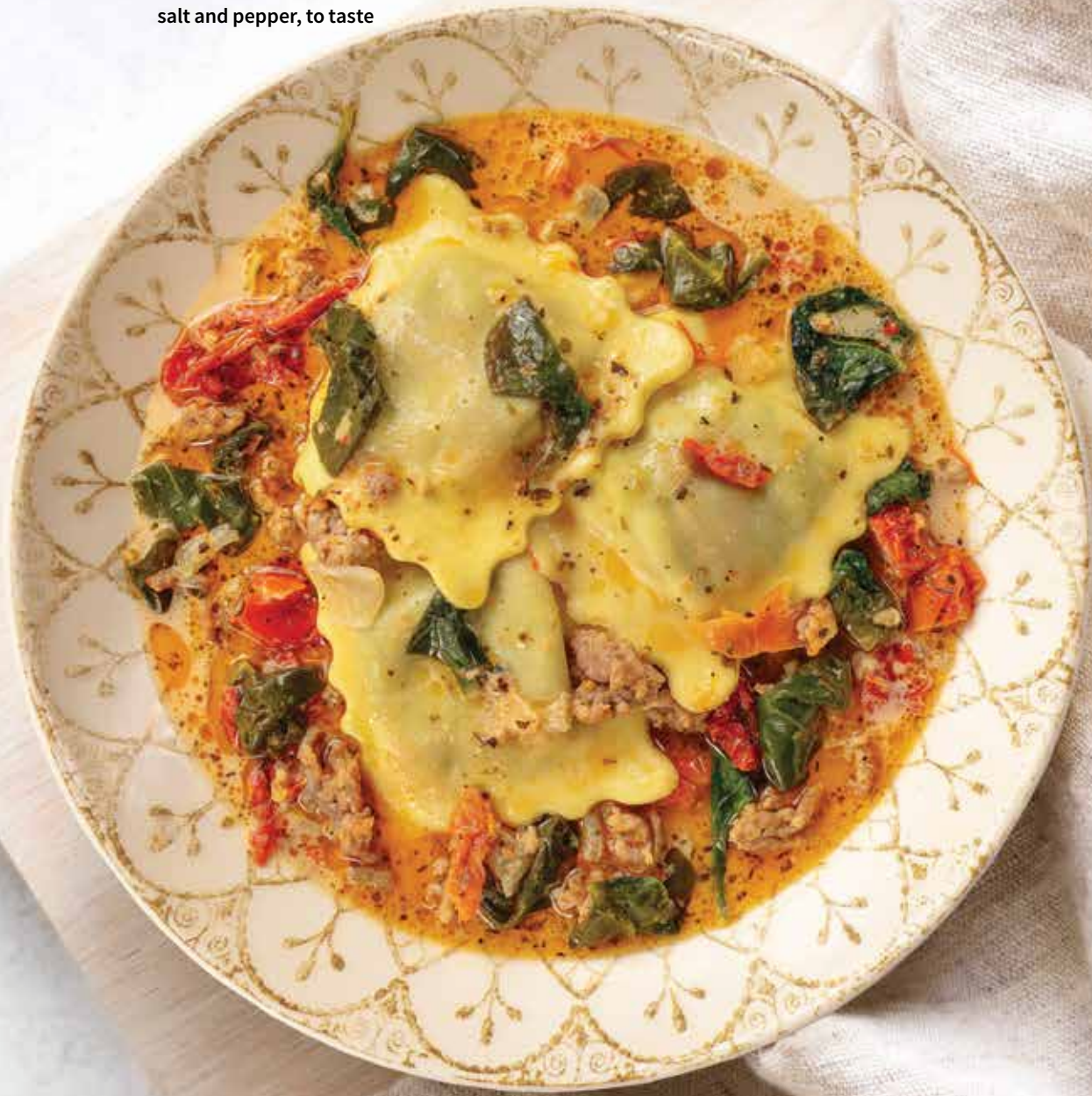
KAITLYN BAKER'S

One Pot Tuscan Ravioli Soup

SERVES: 4-5

- 1 tbsp. olive oil
- 1 lb. Italian sausage
- 1 yellow onion, diced
- ¾ cup sun-dried tomatoes, chopped
- 2 cloves garlic, minced
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 5 cups chicken broth
- 1 10 oz. package fresh ravioli
- 2 cups baby spinach
- ½ cup heavy whipping cream
- parmesan and fresh basil, garnish
- salt and pepper, to taste

- 1. Brown sausage, onion, and garlic on the stove in a medium pot over medium-high heat.
- 2. Add in all the seasonings, sun-dried tomatoes, chicken broth, heavy cream, and bring to a simmer over medium-high heat.
- 3. Reduce heat to medium-low and add spinach and ravioli. Allow to cook in soup for a few minutes until spinach is wilted and ravioli is tender.
- 4. Garnish with grated parmesan and basil.



KELLI & ERIN'S
GREEK CHICKEN BOWL
RECIPE ON PAGE 12



CHEF DEREK ST. ROMAIN

Spicy Shrimp Cocktail Shooters

SERVES: 12

- | | |
|--|---|
| 1 12 oz. jar of Laura Lynn cocktail sauce | 1. Setting out your 12 cups or glasses. |
| 1 lb. pre-cooked large shrimp | 2. Add 1 oz. of cocktail sauce to the bottom of each. |
| 4 oz. jar of horseradish | 3. Add 1 tsp. of horseradish on top of the cocktail sauce. |
| 1 head of celery cut into sticks,
leaves still attached | 4. Put 2-3 shakes of hot sauce on top of the horseradish. |
| 1 small bottle of hot sauce | 5. Top each shooter with 1 or more large pre-cooked shrimp. |
| 12 small cups or glasses | 6. Finish by adding a celery stick. |
| | 7. Refrigerate until ready to serve. |



CHEF
JOHN GIFALDI'S
FRIED ARTICHOKE
HEARTS WITH
LEMON AIOLI
RECIPE ON PAGE 12



CHEF ABBY J'S

Italian
Breakfast Bowl

SERVES: 4 - 6

- 1 large round loaf of sourdough bread
- 2 tsp. olive oil
- ½ tsp. Kosher salt
- ½ tsp. ground black pepper
- ¼ cup Abby J's Garlic Salsa
- 6 eggs
- 8 oz. Italian sausage
- 1 small onion, thinly sliced
- 1 red bell pepper, thinly sliced
- ¼ cup fresh basil, chopped
- 4 oz. grated mozzarella cheese
- ¼ cup grated Parmesan

1. Preheat oven to 350F°. Line a baking sheet with parchment paper, set aside.
2. Cut the “lid” off the top of the bread. Gently tear out the insides of the loaf, leaving ¾-inch around all sides to create a shell. Place the loaf on the baking sheet, drizzle inside with olive oil, sprinkle with salt and pepper. Bake for 10 minutes until light and crispy.
3. In a medium bowl, thoroughly whisk together the eggs.
4. Heat 1 tablespoon olive oil in a large skillet over medium high heat cook the sausage and set aside.
5. Heat the remaining olive oil in the skillet over medium high. Add the onions and red peppers. Cook for 6 minutes. Reduce heat to medium and stir in sausage and basil. Carefully pour in the eggs and ⅔ of the mozzarella. Cook, stirring gently, until the eggs are beginning to set, 1 to 2 minutes.
6. Return the bread bowl to the baking sheet. Fill with the egg mixture, then sprinkle the top with the Parmesan and the remaining mozzarella. Place in the oven and broil until the cheese is melted and bubbly and the eggs are cooked through, about 3 minutes. Transfer to a cutting board and let rest for 5 minutes. Slice into wedges and enjoy warm.

PHOTO ON PAGE 6

KELLI & ERIN'S

Greek
Chicken Bowls

SERVES: 2 - 4

- 4 chicken breasts
 - ½ cup olive oil (divided)
 - 2 tbsp. honey
 - 2 tbsp. lemon juice (divided)
 - 1 tsp. garlic powder
 - 1 tsp. dried oregano
 - 1 tsp. dried basil
 - 1 tsp. salt
 - 1 tsp. black pepper
 - 1 tsp. red pepper flakes
 - 1 cup sliced cucumber
 - 1 cup cherry tomatoes, halved
 - ½ cup crumbled feta cheese
 - ½ cup sliced red onion
 - 3 cups of cooked white rice
 - 1 cup of spring mix lettuce
1. Whisk together chicken marinade: 2 tbsp. olive oil, 1 tbsp. lemon juice, honey, oregano, basil, garlic powder, red pepper flakes, salt and pepper.
 2. Let chicken marinate for 30 minutes.
 3. Meanwhile, prepare rice and chop vegetables, set those aside.
 4. Cook chicken in the air fryer at 375F° for 15 minutes.
 5. While chicken is cooking, build your bowls, starting with a layer of lettuce.
 6. Add rice, cucumbers, tomatoes, and onions to your bowl
 7. Add chicken breast.
 8. Drizzle remaining olive oil and lemon juice over the top.

PHOTO ON PAGE 9

CHEF JOHN GIFALDI'S

Fried Artichoke
Hearts w/Lemon Aioli

SERVES: 6 - 8

- 2 (15 oz.) cans artichoke hearts
 - 2 cups vegetable oil
 - 1 large lemon, cut into wedges
 - 1 cup flour, for dredging
 - 1 tsp. kosher salt
 - ½ tsp. black pepper
 - ½ tsp. garlic powder
 - 2 large eggs beaten
 - 3 tbsp. Parmigiano Reggiano, grated
 - 3 tbsp. Italian parsley, minced
 - kosher salt sprinkle after frying
- FOR THE AIOLI:
- ½ cup mayonnaise
 - 2 tbsp. fresh parsley
 - 2 tbsp. stone ground dijon mustard
 - 1 garlic clove
 - ½ tsp. salt
 - ½ tsp. black pepper
 - 1 tbsp. lemon juice

1. Drain artichokes, cut in half, and gently flatten. Pat dry with paper towels.
2. Mix the aioli ingredients in a bowl, cover with plastic wrap, and refrigerate.
3. Heat oil (at least 1 inch high) in a cast iron or heavy pan to 360°-370°F.
4. Set up a dredging station - you'll need 2 bowls. In the first bowl, combine flour, salt, pepper, and garlic powder. In a second bowl, whisk eggs, cheese, and parsley.
5. Coat each artichoke heart in the flour mixture and shake off the excess. Then dip into the egg batter. Fry for about 3 minutes per side, or until golden brown on each side.
6. Place finished artichokes on a wire rack to drain; immediately sprinkle kosher salt and cheese. Work in batches and avoid overcrowding the pan.
7. Serve immediately or keep warm in a low temperature oven on the wire rack. Serve with lemon wedges and aioli.

PHOTO ON PAGE 11

SUZY & CLARK'S

Monte Cristo
Pinwheels

SERVES: 6

- 1 (13.2 oz.) roll refrigerated puff pastry dough
 - 1 tbsp. (heaping) Dijon mustard
 - ¼ lb. ham, deli sliced thin
 - ¼ lb. baby Swiss cheese, deli sliced thin
 - ¼ lb. turkey, deli sliced thin
 - powdered sugar, for dusting
 - 1 (4 oz.) jar Unicoi Preserves Strawberry Vanilla Spread (Ingles deli)
1. Preheat oven to 425°F.
 2. Unroll puff pastry onto parchment paper. Spread with a thin layer of Dijon mustard, leaving a small border around the outside edges. This will make sealing the roll easier.
 3. Layer on enough ham to cover the pastry. Next layer the cheese and then the turkey.
 4. Tightly roll puff pastry along the long edge, finish seam side down. Pinch the seam to seal.
 5. Use a serrated knife, and cut into 12 equal pinwheels.
 6. Place cut sides down on a parchment lined baking sheet, bake 16-18 minutes, or until set and lightly golden brown.
 7. Remove them to a cooling rack, dust with powdered sugar. Transfer to a serving platter, and serve with strawberry vanilla spread.



A PERFECT
MAKE-AHEAD
BRUNCH DISH.

Ask Leah

CORPORATE DIETITIAN FOR INGLES MARKETS

INCLUDING LOCAL PRODUCTS

Sometimes when we talk about "local foods" we tend to think only of seasonal fruits and vegetables, but it's great to know that you can support local farmers and food makers throughout the year. Here are just a few of the many local items you can find at Ingles Markets and think about adding to your recipes or meals, even in the winter!

PRODUCE SECTION

Hydroponic lettuce from Shelton Family Farm - Whittier NC.

LOCAL HONEY

Kombucha from Buchi Kombucha - Marshall, NC

BAKERY

City Bakery and Annie's Breads - Asheville, NC

DELI

Abby J's Gourmet - Clarkesville, GA
Unicoi Preserves - Sautee, GA

MEAT/SEAFOOD

Hickory Nut Gap Meats - Fairview, NC
Sunburst Trout Farm - Waynesville, NC

DAIRY

Laura Lynn milk is from local dairy farmers - Asheville, NC

FROZEN FOODS

Sunshine Sammies - Asheville NC

GROCERY

Look for the "Local" display with a variety of sauces, condiments, coffees and snacks.

WINE AND BEER

Ingles Markets offers many local and regional craft beers and ciders and wines made in NC like Biltmore Wines, Shelton Wines, and Childress Wines.

CHEF CARLA FIGÁRO
GREEK-INSPIRED
ROASTED CABBAGE
RECIPE ON PAGE 24



CHEF JOHN GIFALDI'S

Chicken Marsala with Mashed Potatoes

SERVES: 4-6

- 2 boneless skinless chicken breasts, sliced thin and pounded out
- 1 shallot, minced
- 2 tbsp. fresh parsley, minced
- 2 tbsp. olive oil
- 1 tbsp. flour
- 5 white mushrooms, sliced
- 2 cups chicken broth
- 1 cup Marsala wine
- 1 tsp. salt
- ½ tsp. pepper
- prepared mashed potatoes

1. Place a chicken breast on the cutting board. Hold it steady with one hand, then using a sharp knife, slice through the middle horizontally. Cover each half of the chicken with plastic wrap and pound it out until the chicken is ¼-inch thick. Season both sides with salt and pepper.
2. Melt 1½ tbsp. butter in a skillet over medium heat. Cook chicken breasts in hot butter and oil until browned. Flip and cook until chicken is almost cooked through. Transfer chicken to a plate.
3. Using the same pan, add 1-2 tbsp. of olive oil and sauté the mushrooms and onions, with a pinch of salt and pepper, until mushrooms are golden and onions are translucent, 5 to 7 minutes. Stir flour over the top and stir until the bitterness of the flour cooks off.
4. Pour wine into the skillet and bring to a boil; keep stirring until the sauce thickens, 3 to 4 minutes. Add chicken stock; bring to a simmer and cook until slightly reduced, 3 to 5 min more.
5. Return chicken to the skillet, reduce heat to low, and finish cooking. Transfer chicken to plates of mashed potatoes, spooning the mushrooms and sauce over the top.



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SMOKIN' JOE LASHER'S

Winter Pasta Primavera

SERVES: 4

- 1 (1 lb.) box pasta, your choice
- 1 butternut squash, peeled and cubed
- 3 carrots, peeled and chopped
- ½ head of red cabbage, chopped
- 2 heads broccoli, chopped
- 3 tbsp. olive oil

- 1 tsp. red crushed pepper
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tbsp. fresh lemon juice
- 4 tbsp. nutritional yeast
- 1 tbsp. fresh parsley, chopped for garnish

1. Preheat oven to 400°F.
2. Place vegetables on a baking sheet and toss with olive oil, red pepper, black pepper, salt, and garlic powder. Spread into one layer.
3. Roast the vegetables for 30-40 minutes, turning half way through.
4. While vegetables are cooking, cook pasta according to package.
5. Mix roasted vegetables with pasta, lemon juice, nutritional yeast, and parsley; serve!

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JASMIN QUEEN'S
Lasagna Wonton Cups

SERVES: 4

- ½ lb. ground beef
- ½ lb. Italian sausage
- 1 tsp. Italian seasoning
- 1 tbsp. garlic, minced
- 1 (24 oz.) jar of pasta sauce
- 36 wonton wrappers
- ½ cup ricotta cheese
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 4 oz. mozzarella cheese, shredded
- 4 oz. parmesan cheese, shredded
- 1 tbsp. fresh basil, chopped for garnish

1. Preheat your oven to 375°F.
2. In a non-stick skillet, cook the ground beef and sausage until no longer pink. Drain. Add the Italian seasoning and garlic. Stir in spaghetti sauce.
3. In a medium bowl, combine the Ricotta cheese, garlic powder, and onion powder.
4. Spray 12 muffin cups with cooking spray. Line each with a wonton wrapper.
5. Place one tbsp. of the meat mixture into the wonton. Place another wonton on top. Add ½ tbsp. Ricotta cheese, 1 tbsp. meat mixture, ½ tbsp. mozzarella cheese, ½ tbsp. parmesan cheese. Repeat this one more time.
6. Bake for 20-25 minutes.
7. Garnish with basil and serve.

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TABLE FOR TWO

DEBORAH ADAMS'S

*Mediterranean Fish with Tomatoes,
Olives, and Pearl Couscous*

SERVES: 2

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 fish fillets (cod, grouper, flounder, salmon, or your favorite) 1 small sweet onion, sliced 1 bell pepper, any color, sliced ½ cup olives, any type 1 (14 oz.) can diced tomatoes, partially drained ½ tsp. smoked paprika 1 tsp. oregano 1 pinch cayenne pepper 2 tbsp. olive oil (divided) 1 tsp. brown sugar 2 cups cooked pearl couscous salt & pepper, to taste | <ol style="list-style-type: none"> 1. Gently pat fish dry with a paper towel. Drizzle fish with 1 tbsp. olive oil. Sprinkle on salt, pepper, smoked paprika, oregano, and cayenne pepper. 2. Heat 1 tbsp. olive oil in a large skillet and saute onions and peppers for about 4 min. 3. Stir in garlic and season with salt and pepper. 4. Add diced tomatoes, brown sugar, and olives and stir. 5. Turn the heat to medium and place fish on top of the onions and peppers. 6. Cover and cook for about 12-15 min, until fish flakes easily. 7. Place the couscous in dish, add tomato mixture, then fish on top. 8. Serve with lime wedges, feta cheese, and parsley. |
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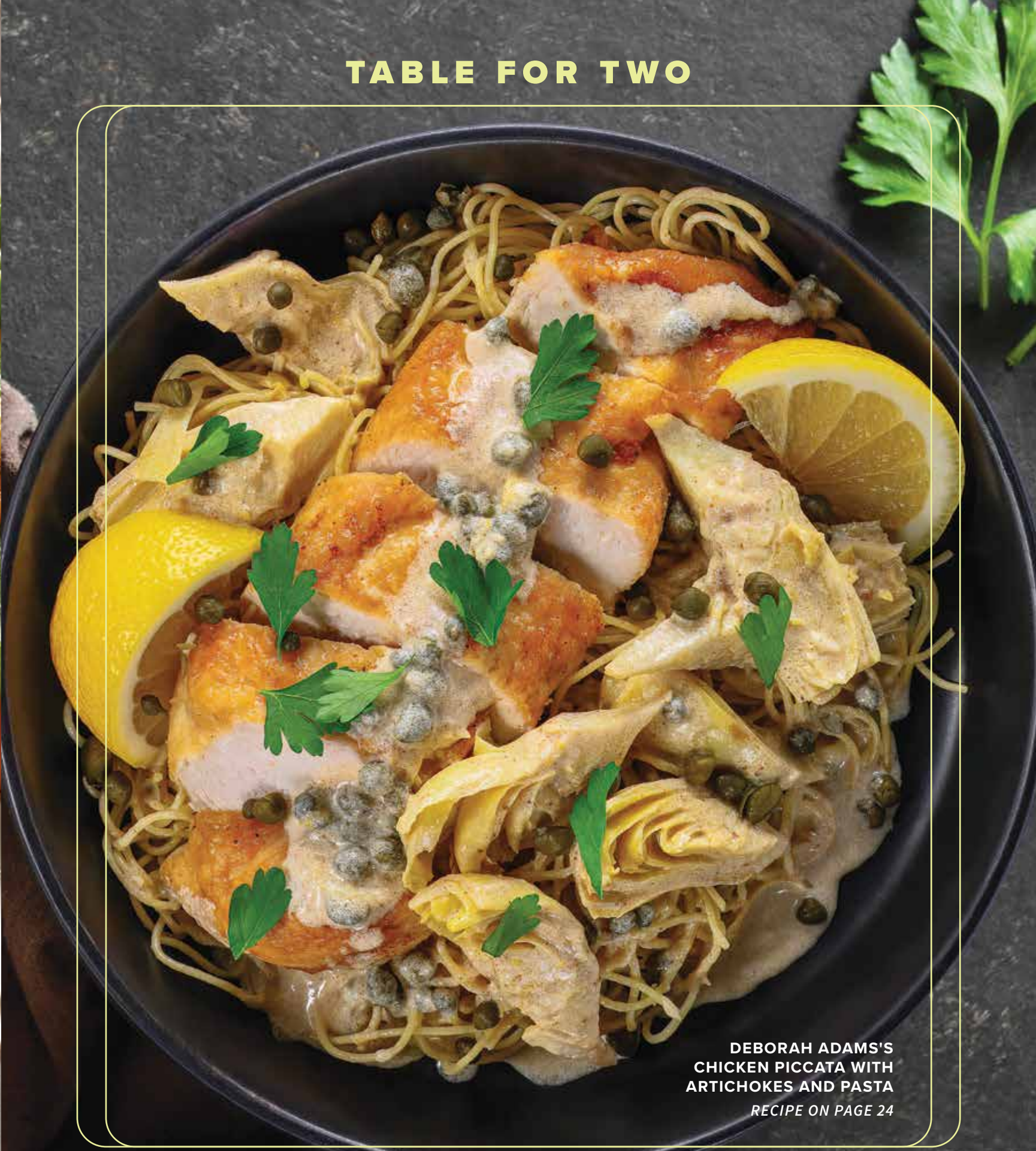
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SUZY & CLARK'S
QUICK AND EASY MEATLOAF
RECIPE ON PAGE 24

TABLE FOR TWO



DEBORAH ADAMS'S
CHICKEN PICCATA WITH
ARTICHOKES AND PASTA
RECIPE ON PAGE 24

SMOKIN' JOE LASHER'S

Winter Citrus Salmon with Herb Butter

SERVES: 4

- 4 salmon fillets
- 1 garlic clove, minced
- 1½ tbsp. brown sugar
- 1 tsp. lemon zest
- ½ tsp. salt
- ¼ tsp. pepper
- 1½ tbsp. olive oil
- 1 blood orange, sliced

HERB BUTTER:

- 3 tbsp. unsalted butter, melted
- 1 tbsp. Italian seasoning
- 1 pinch of salt

CITRUS SALSA:

- 1 blood orange, peeled, segmented, and chopped
- 1 Cara Cara orange, peeled, segmented, and chopped
- 1 small shallot, diced
- 1 jalapeño pepper, seeded and diced
- 2 tbsp. cilantro, chopped
- 1 lime, juiced
- salt and pepper, to taste

1. Preheat the broiler in your oven to high.
2. Place salmon on a baking sheet. In a small mixing bowl, combine brown sugar, salt, pepper, garlic, and lemon zest. Add olive oil to make a wet rub. Rub the salmon fillets with the mixture and place blood orange slices on top. Set aside.
3. In one bowl, combine herb butter ingredients. Set aside.
4. In another bowl, combine citrus salsa ingredients. Set aside.
5. Broil the salmon for 6-8 minutes, or until it's opaque and flaky. Plate salmon and drizzle with herb butter, top with citrus salsa, and serve.



CHEF DEREK ST. ROMAIN'S

Fire Roasted Brussels Sprouts

SERVES: 4-6

- 1 lb. Brussels sprouts, halved
- ½ cup extra virgin olive oil
- ¼ cup rice wine vinegar
- ¼ cup honey
- 2 tbsp. hot sauce
- 1 tsp. cayenne pepper
- 1 tsp. kosher salt
- 1 tsp. ground white pepper

OPTIONAL GARNISHES:

- ½ cup fresh blueberries
- ¼ cup dried cranberries and blueberries
- ½ cup candied walnuts

1. Preheat oven to 450°F.
2. In a bowl, mix all your ingredients (minus the garnish) coating the Brussels sprouts thoroughly.
3. Spray baking sheet with pan spray, add the Brussels and bake for 20 minutes.
4. Place on a serving dish and garnish with fresh blueberries, dried cranberries and blueberries, and candied walnuts.



CHEF CARLA'S

*Greek-Inspired
Roasted Cabbage*

SERVES: 4-8

- 1 head cabbage, cut into 4ths or 8ths
- ½ cup olive oil
- 1 lemon, zested and juiced
- 1 tsp. brown mustard
- 2 cloves garlic, smashed
- ¼ tsp. ground oregano
- ½ shallot
- ⅛ tsp. cumin
- ¼ tsp. onion powder
- ¼ tsp. salt
- ¼ tsp. pepper
- 6 drops liquid smoke

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Place all ingredients ,except cabbage, in a blender cup and puree. Coat the cabbage wedges with this mixture.
3. Brush a well-seasoned cast iron skillet or good quality non-stick pan with olive oil and heat to medium high. Sear cabbage wedges on flat sides until nicely browned.
4. Place heel side down on sheet pan and roast for 18 - 20 min, or to desired doneness.

- 1 pint baby heirloom tomatoes, cut in half
- 1 red onion, diced
- 1-2 tsp. capers
- ¼ cup kalamata olives, cut in half
- 1 tbsp. olive oil
- 2 tbsp. butter
- ¼ cup savignon blanc
- 1 lemon, zested
- ¼ tsp. salt
- ¼ tsp. oregano leaves
- 2-4 tbsp. crumbled feta

1. In the same skillet, add one tbsp. olive oil and heat to medium. Add onion and garlic, saute for 1 min. Add wine, simmer until reduced to half. Add tomato and olives, saute 2 min. Add remaining ingredients and simmer, stirring to incorporate.
2. Place a wedge on individual plates or wedges on a serving platter and top with sauce and feta crumbles.
3. Serve this with a side of hummus, tzatziki and pita.

PHOTO ON PAGE 21

SUZY & CLARK'S

*Quick and Easy
Meatloaf*

SERVES: 8

- 2 lbs. lean ground beef
 - 1 (6 oz.) box stuffing mix for chicken
 - 1 cup water
 - 2 large eggs, beaten
 - 1 tbsp. dried chopped onions
 - 1 tsp. Montreal steak seasoning
 - ½ cup ketchup, divided
 - non-stick cooking spray
1. Preheat oven to 375°F.
 2. Mix ground beef, stuffing mix, water, eggs, seasonings, and ¼ cup ketchup together until just combined.
 3. Line a baking sheet with foil, then spray with non-stick spray.
 4. Transfer meat mixture to the prepared pan, shape into a loaf shape, and top with remaining ketchup.
 5. Bake 1 hour, or until internal temp. reaches 160°F.
 6. Slice and serve with mac and cheese and your favorite green vegetable.

Chef Notes:
Leftovers make delicious griddled meatloaf sandwiches.

PHOTO ON PAGE 20

DEBORAH ADAMS'S

*Chicken Piccata with
Artichokes and Pasta*

SERVES: 2

- 2 chicken breasts (or 1 large, halved)
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ⅓ cup plain flour
- 4 tbsp. butter
- 1 tbsp. olive oil
- ¼ cup chicken broth
- 1 tbsp. lemon juice with zest of 1 lemon
- 1 tbsp. capers, drained
- ½ cup heavy whipping cream
- 1 (14 oz.) can of artichoke hearts, quartered and drained
- 6 oz. angel hair pasta, cooked according to package directions and drained
- chopped parsley, for garnish
- sliced lemons, for garnish

1. Rinse chicken breasts and pat dry. Put them in a baggie and pound with a mallet until thinner and even in size. In another baggie add salt, pepper, garlic powder and flour. Put breasts in flour mixture and coat evenly.
2. In a skillet add 2 tbsp. of the butter, plus the 1 tbsp. of olive oil
3. When the pan is hot, add the chicken breasts. Cook for about 4-5 minutes on each side until golden brown and juices run clear. Remove the chicken to a plate.
4. Take the pan off the heat and add chicken broth, lemon juice and zest, plus the other 2 tbsp. of butter and capers scraping down the brown bits to incorporate.
5. Stir in the cream and artichokes and put pan back on heat and add the chicken.
6. Cook another 5 minutes until sauce has thickened.
7. Put pasta in serving dish. Top with chicken, artichokes and sauce. Garnish with parsley and lemon slices.

Chef's Notes:
This recipe is great with French bread.
For heartier appetites, add a tossed salad.

PHOTO ON PAGE 21

JASMIN QUEEN'S
BANANA BLUEBERRY
COOKIES

RECIPE ON PAGE 30





KELLI & ERIN'S
MINI COBBLER BITES
RECIPE ON PAGE 30

CHEF CARLA FIGÀRO'S

Cherry Appletini Crisp

SERVES: 8-10

APPLE CREAM

- 1 pint heavy whipping cream (chilled)
- 1 tsp vanilla extract
- 2 oz. apple whiskey
- 3 tbsp. powdered sugar
- ¼ tsp. cream of tartar
- 1 pinch salt

1. Pour cream into a bowl.
2. Whip on medium until soft peaks.
3. Add sugar, cream of tartar and salt. Whip on med-high, gradually adding vanilla and apple whiskey until medium to firm peaks form.
4. Set in fridge to chill.

TOPPING

- ½ cup rolled oats, coarsely crushed
- ½ Almond or coconut flour
- 1 cup roasted almonds, coarsely chopped
- ½ cup brown sugar
- ½ cup cold butter
- ½ tsp. ground cardamom
- ¼ tsp. salt

1. Preheat oven to 350°F.
2. Place all ingredients in a bowl and press between fingers until well incorporated pebbles form. Set aside.

FILLING

- 2 honeycrisp or pink lady apples, diced
- 2 granny smith apples, diced
- ¾ cup dried tart cherries
- ½ cup sugar
- 1 lemon, juiced and zested
- 1 tbsp. cornstarch
- ⅛ tsp. salt
- ½ tsp. cinnamon

1. Place all ingredients in a bowl and stir well to combine.
2. Grease or spray a deep medium-sized oven-proof dish.
3. Pour the filling in, then spread the nut crumble evenly over the top.
4. Place on a sheet pan.
5. Bake on the middle rack for 20-30 min, or until the filling is bubbly and the topping is brown.
6. Let cool slightly, scoop into a martini glass, and top with cream.



LEAH HOWARD'S

Buttered Brulee

SERVES: 1

- 2 oz. Asheville vodka
- 1 oz. half and half
- ½ oz. hazelnut syrup
- 2 tsp. hot buttered rum mix
- 2 dashes chicory pecan bitters
- vanilla soda

1. Combine hot water and hot buttered rum mix, stir until fully combined. Allow to cool completely.
2. Add all ingredients to a cocktail shaker and fill halfway with ice. Shake for 15 seconds, then strain into coupe glass.
3. Top with vanilla soda.

LEAH HOWARD'S

S'mores Delight

SERVES: 1

- 1 oz. Asheville vodka
- 1 oz. Asheville Crème de Cacao
- ¾ oz. vanilla syrup
- 2 dashes Crude "Big Bear" Bitters
- splash of half and half

1. Add all ingredients to a cocktail shaker, fill halfway with ice. Shake for 10 seconds, then strain into graham cracker sugar-rimmed glass.
2. Garnish with a toasted marshmallow.

Enjoy creating these cocktails, and more, using locally-sourced products available at our online store: www.cultivated-cocktails.com

The Ingles Table Team



DEBORAH ADAMS

French Food Made Easy
Trained in France then Adapted
for the Busy American Family



CHEF JOHN GIFALDI

Personal Chef



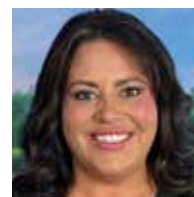
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Newlyweds who love cooking together



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Proud Marine with a passion for aviation
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Co-Owner and Founder
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SUZY & CLARK NEAL

Unicoi Preserves

KELLI & ERIN'S

Mini
Cobbler Bites

SERVES: 8

- 1 can Laura Lynn cinnamon rolls (and the included icing)
 - 1 (21 oz.) can Laura Lynn pie filling
 - 4 tbsp. raw sugar
1. Preheat oven to 375°F.
 2. Allow the dough to sit out for about 15 minutes to soften.
 3. Spray a muffin pan with cooking spray and press each roll down into the muffin cups to form a small bowl shape.
 4. Spoon 2 tbsp. of pie filling into each dough cup.
 5. Bake for 14-17 minutes.
 6. Allow the cobblers to cool then remove using a knife to help.
 7. Sprinkle each one with the raw sugar.
 8. Drizzle each cobbler with icing (included with cinnamon rolls).
 9. Garnish with fresh fruit and serve with vanilla ice cream!

Chef's Notes:
We used blackberry, blueberry, and cherry pie fillings to create this dish but use your favorite to create this dish.

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THIS MAY BE THE END OF THE MAGAZINE
BUT, IT'S JUST A SMALL PART OF THE INGLES TABLE.

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YOU'LL FIND MORE RECIPES, PRINTABLE SHOPPING LISTS,
AND INSTRUCTIONAL VIDEOS FOR EACH OF OUR RECIPES.

JASMIN QUEEN'S

Banana
Blueberry Cookies

SERVES: 6-12

- 2 ripe bananas, mashed
 - 1 cup old fashioned oats (not quick-cook)
 - ¼ cup peanut butter
 - ¼ cup walnut pieces
 - 1 cup fresh blueberries
 - ¼ cup real maple syrup
 - ½ tsp. cinnamon
 - 1 tsp. vanilla bean paste
 - ¼ tsp. salt
1. Preheat your oven to 350°F.
 2. In a large bowl, mash the ripe bananas until smooth.
 3. Stir in the oats, peanut butter, maple syrup, cinnamon, vanilla bean paste, and salt until well combined.
 4. Gently fold in the fresh blueberries and nuts.
 5. Scoop tablespoon-sized portions of the mixture onto a baking sheet, spacing them about 2 inches apart.
 6. Bake for 12-15 minutes, or until the cookies are lightly golden and firm to the touch.
 7. Allow them to cool on the baking sheet for a few minutes before eating.

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DEALING
WITH
MOLDY
CHEESE

When it comes to moldy on cheese, there's not one way to deal with it.

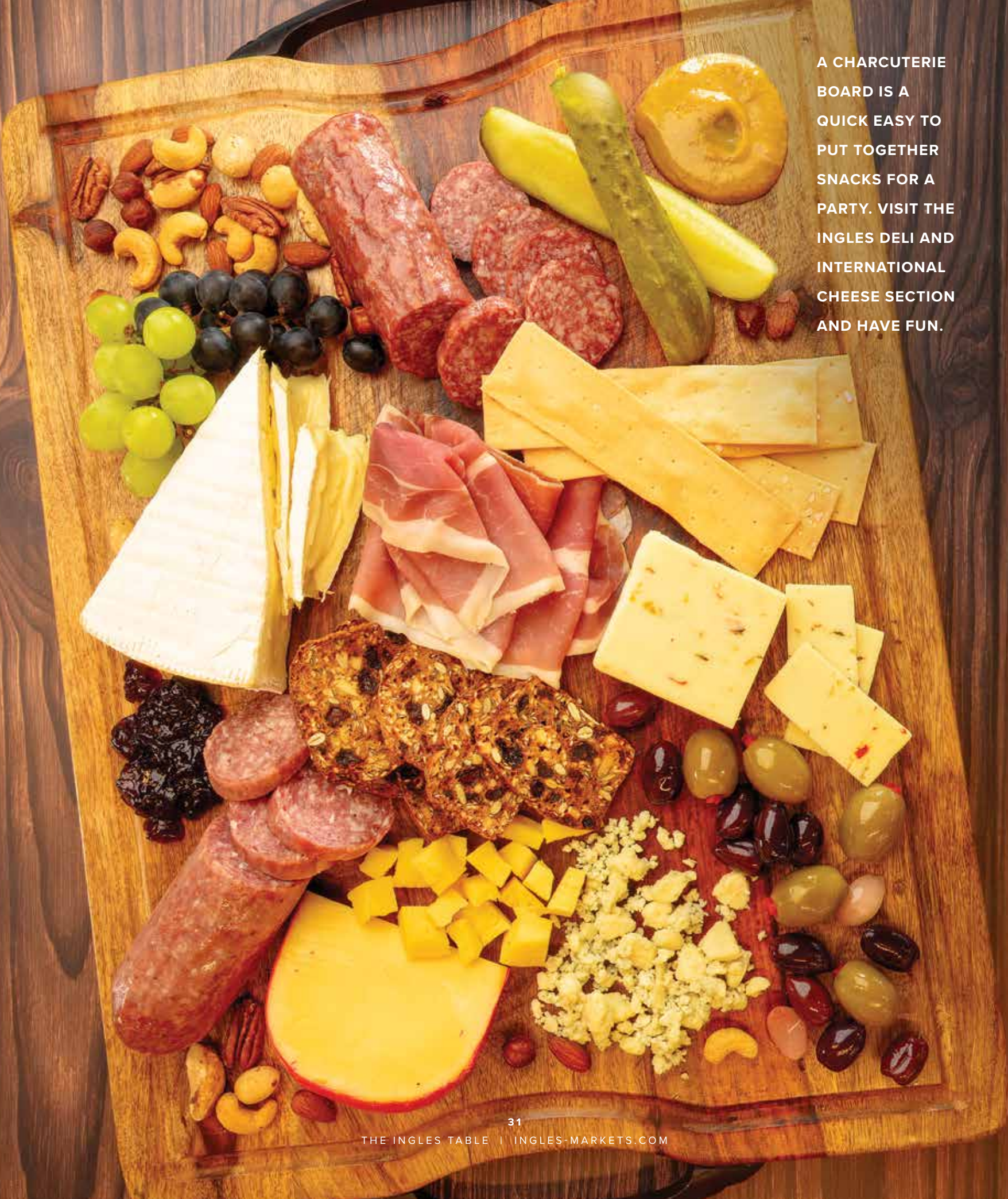
With hard and semi-soft cheeses (*cheddar, gouda, or parmesan*) you can usually just cut away the moldy area. Experts suggest cutting about an inch around the moldy spot, including underneath, to make sure you get any mold that might have spread. Just make sure your knife doesn't touch the mold so you don't spread it to the rest of the cheese.

With soft, crumbled, shredded, or sliced cheeses, (even a hard cheese) mold can easily spread throughout, so it's safest to toss it away.

If you're pregnant, breastfeeding, or have a weakened immune system, throw out all cheese with any mold.

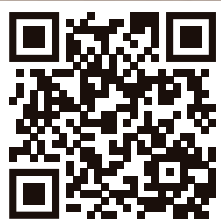
When in doubt, it's always smarter to be safe than sorry!

A CHARCUTERIE BOARD IS A QUICK EASY TO PUT TOGETHER SNACKS FOR A PARTY. VISIT THE INGLES DELI AND INTERNATIONAL CHEESE SECTION AND HAVE FUN.



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