

FROM THE CULINARY MINDS OF THE INGLES TABLE COMMUNITY

# THE **ingles** TABLE

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*Free*





# ingles

The holidays are gone, the savings account is drained, and you're exhausted. Let this issue of **The Ingles Table** show you how to make delicious meals and snacks with only a little effort. There are more reasons to celebrate coming soon. Valentine's Day, St. Patrick's Day, Easter, Passover, sporting events, special occasions and much more. It never seems to end. We can help you be prepared without breaking the bank.

One of the best parts of **The Ingles Table** is that it's not just within these pages. Head on over to **inglestable.com** and find more seasonal specialties, appetizers, side dishes, and desserts, with printable shopping lists and videos. Sometimes it's so much easier to watch someone create a dish rather than just following a recipe. Take a few minutes to explore all that **The Ingles Table** has to offer here and online.

And if you're scared or don't have any time to cook, let Ingles take care of it for you. We'll prepare fresh and delicious platters for all your entertaining needs. From breakfast, lunch, dinner, or dessert, to parties or the big game, to full meals, stop by the Ingles Deli and pick up a copy of the **Fast & Festive** brochure to see how we can help.

**From our Ingles Table family to yours,  
happy eating!**

*-Cindy*

Cindy Mixon  
Vice President Deli Operations, Ingles  
Markets





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Red Onions



Marinated Mushrooms



Sun-dried Tomatoes



Parmesan Cheese



Fresh Kale



French Fried Onions



Fresh Broccoli



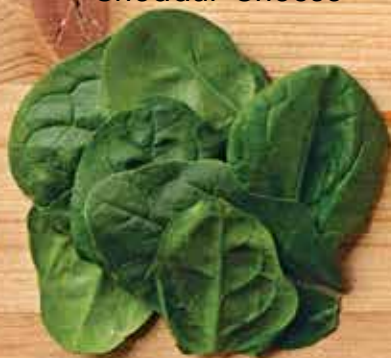
Cheddar Cheese



Diced Ham



Bacon Bits



Fresh Spinach



Cubed Gruyère







# Mini QUICHE Max FLAVOR

*One of the easiest and most satisfying dishes you can make is mini quiche. Packed with protein and healthy veggies, these mini meals can be customized, made in advance, and quickly warmed up before work or school.*

Preheat your oven to 350°F. Lightly grease your muffin cups with cooking spray or butter.

Place pie crust or pizza crust, on the bottom of each muffin cup (or go crustless to save calories). Then fill each cup with a mixture of meats, cheeses, and fresh vegetables.

In a medium bowl, whisk 8 large eggs together with 1/4 cup milk, 1/2 cup cottage cheese, and 1 tbsp. of herbs, or your favorite seasoning. Pour this egg mixture equally over the fillings in each cup.

Bake for 15-20 minutes, or until eggs are set.

Serve immediately or store them in an airtight container for up to a week. Reheat in the oven at 250°F until warm, or microwave for one minute.





## Frank's® RedHot® Buffalo Chicken Dip

Preheat oven to 350°F. Mix all ingredients in a large bowl. Spoon into shallow 1-qt. baking dish. Bake 20 minutes, or until mixture is heated through; stir. Sprinkle with green onions, if desired, and serve with chips, crackers, and/or veggies.

To add some crunch, top with French's® Crispy Fried Onions or Crispy Jalapeños during the last five minutes of baking.

Tailgating Tip: Prepare dip ahead and place in heavy disposable foil pan. Place pan on grill and heat dip until hot and bubbly.

- 2 cups shredded rotisserie chicken (*Deli*)
- 1 (8 oz. pkg.) cream cheese, *softened*
- 1/2 cup Frank's RedHot® Original  
Cayenne Pepper Sauce or Frank's  
RedHot® Buffalo Wings Sauce
- 1/2 cup ranch dressing
- 1/2 cup blue cheese crumbles  
(*Cheese Shoppe*)



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## Pasta with Truffle Asparagus and Basil Pesto

Cook your pasta, following the package instructions. Drain your pasta in a colander/strainer and then add it back into the warm pot with butter. Stir together until the butter is melted and the pasta is coated. Return the buttered pasta back to the strainer. Add the blanched asparagus to the warm pan and return the pasta back to the pot. Stir until combined. Add lemon juice, pesto, truffle oil, and parmesan cheese, stirring after each addition. Salt and pepper, to taste and top with a bit more cheese.

- 1 lb. pasta shells
- 1 tbsp. butter
- 2 cups fresh asparagus, *diced and blanched*
- 1 Meyer lemon, *juiced*
- 1 (10 oz.) jar pesto
- 2 tsp. truffle oil
- shaved parmesan cheese (*Cheese Shoppe*)
- salt and black pepper



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# INGLES ♥ LOCAL

## DARNELL FARMS

BRYSON CITY - NORTH CAROLINA



Darnell Farms is a working farm located along the banks of the Tuckaseegee river in Bryson City, North Carolina. They offer a wide variety of in-season fruits and vegetables. Also available: Amish butter, cheese, fresh eggs, cold drinks, snacks, homemade jellies, local made crafts and much more. Check [darnellfarms.org](http://darnellfarms.org) for details.

Ingles has all the local farm-fresh ingredients you'll need to make a quick and tasty breakfast. Grab scratch made biscuits from our Deli, locally grown ripe tomatoes from our produce department, and some hand-selected local or international cheese from our cheese shoppe. To finish off your masterpiece, pick up some organic or free-range eggs to poach, scramble, or fry.







Lindt® Martha Washingtons

1 (12 oz.) jar maraschino cherries, *drained*  
1 cup (2 sticks) butter, *melted*  
2 cups powdered sugar  
1 (14 oz.) can sweetened condensed milk  
1 tbsp. vanilla extract

1 (14 oz.) pkg. sweetened, flaked coconut  
3 cups pecans, *finely chopped*  
5 bars of Lindt Dark Chocolate  
(70% Cocoa EXCELLENCE Bar)  
2 tbsp. vegetable shortening

Dice cherries and pat between paper towels to drain excess juice. Melt butter on low in medium pot. Add vanilla, powdered sugar, and condensed milk – stir until smooth. Stir in cherries, coconut, and pecans. Form mixture into 2-inch balls. Chill in the freezer until firm, about 30 minutes. Heat chocolate and shortening in a small saucepan over low heat until chocolate begins to soften and lose its shape, then remove the pan from the heat and stir until melted and smooth. Working with one candy ball at a time, dip each piece in warmed chocolate. Lift it out with a fork and let the excess chocolate drip back into the bowl. Place the coated ball on waxed paper or parchment paper to set. Chill in refrigerator until the chocolate is set. Store in an airtight container for up to two weeks. Makes 8 dozen pieces.

**OPTIONAL WHITE CHOCOLATE DRIZZLE:**

Melt 1 bar of Lindt® White Chocolate and drizzle on top of finished truffles.

**\*MELTING CHOCOLATE**

(50% reduced power in 30-second intervals, until the chocolate begins to soften and lose its shape, then stir until melted and smooth. You can also heat the chocolate and shortening in a small saucepan over low heat until the morsels begin to soften and lose their shape, then remove the pan from the heat and stir until melted and smooth)



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## Jammin' Party Sandwiches

Preheat oven to 350°F. Slice rolls in half horizontally so you have a top and bottom. Place bottom half of rolls on a baking sheet. Spread the bottom layer of rolls with about half a jar of Unicoi Preserves apple cider pepper spread, then layer all the shaved ham, add a layer of sliced cheese, then all the shaved turkey and another layer of sliced cheese. Spread yellow mustard lightly on the cut side bun tops, then place the top bun on the meat and cheese bottom bun. Whisk all sauce ingredients together and pour over sandwiches. Use a brush to spread the sauce on the assembled sandwiches. Wrap with foil and bake for 20-25 minutes, or until cheese is melted. Remove foil and bake another 5 minutes to lightly brown the buns. *Optional:* sprinkle with finely chopped parsley and serve with sliced apples. *Make ahead directions:* assemble sandwiches but do not sauce. Place sandwiches back in original kings Hawaiian tray and bag, store in refrigerator or cooler until needed. Then simply make sauce and follow baking directions listed above. These sandwiches can also be baked in foil on the grill.

- **SANDWICH:**
- 1 (4 oz.) jar Unicoi Preserves
- Apple Cider Pepper Spread (*Deli*)
- 12 Kings Hawaiian savory butter rolls (*Deli*)
- 1/2 lb. Boars Head baby Swiss, *thinly sliced* (*Deli*)
- 1/2 lb. Boars Head black forest
- turkey breast, *shaved* (*Deli*)
- 1/2 lb. Boars Head Smokemaster
- Beechwood smoked ham, *shaved* (*Deli*)
- yellow mustard
- *optional:* parsley and sliced apples
- **SAUCE:**
- 4 tbsp. unsalted butter, melted
- 1/4 tsp. onion powder
- 1/4 tsp. Lawry's Seasoned Salt



**Perfect for  
Game Day**





## Dunk Bites

Preheat oven to 350°F. Halve each cooked meatball and set aside. Remove filo shells from plastic tray and place shells in a small baking dish. Place a pinch of lettuce and a pinch of cheese into each shell. Top each with a cooked meatball half, rounded side up. Bake for 2-3 minutes, or until shells are golden and crispy and cheese is melted. Spoon about 1/2 tsp. Special Sauce over the meatball and sprinkle with parsley. Serve hot. Makes 15 mouth-popping appetizers that look like little basketballs.

### \*SPECIAL SAUCE

Mix together 1 cup mayonnaise, 2 tbsp. ketchup, 1 tbsp. Worcestershire sauce, a hint of yellow mustard (just for color), salt and pepper (to taste), 1 tbsp. garlic powder, 1 tbsp. Cajun seasoning, and a pinch or 2 of fresh chopped parsley.

- 8 cooked meatballs (*frozen or homemade*)
- 1 pack of mini filo shells
- Special Sauce\* (*or thousand island dressing*)
- 1 cup cheddar, shredded (*Cheese Shoppe*)
- 1 small bag of shredded lettuce
- Salt and pepper, *to taste*
- fresh parsley, *for garnish*

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## Coconut Shrimp Curry

In a large skillet over medium heat, melt 1 tbsp. coconut oil. Add shrimp and cook until pink, 1 to 2 minutes per side. Remove shrimp from the pan and set aside. Add remaining tbsp. of coconut oil, onion, and garlic. Cook until onions are soft, about 4 minutes. Stir in garam masala, salt, curry powder, and chili powder. Then add coconut milk, tomato paste, and chickpeas. Stir to combine and bring to a simmer. Mix cornstarch and water together in a separate bowl, and then pour into the skillet, mixing well. Simmer until thickened, 5 to 6 minutes. Stir in cooked shrimp and simmer another 2 minutes. Sprinkle with the cilantro and serve with rice.

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- 2 tbsp. coconut oil, *divided*
- 1 lb. raw 21/25 jumbo shrimp, *peeled & deveined*
- 1/2 red onion, *chopped*
- 4 cloves garlic, *minced*
- 2 tsp. garam masala
- 1 tsp. kosher salt
- 1 1/4 tsp. curry powder
- 1 tsp. chili powder
- 1 (14-oz.) can full-fat coconut milk
- 1 (6-oz.) can tomato paste
- 1 (15-oz.) can chickpeas, *drained and rinsed*
- 1 tbsp. cornstarch
- 1 tbsp. warm water
- 1/3 cup chopped fresh cilantro
- 2 cups cooked rice



### BUYING SHRIMP

When you buy shrimp, look at the label and you'll notice a set of numbers divided by a slash, like this: 21/25. This number is called the "count." The count refers to the number of individual shrimp in 1 pound. So, if you buy 1 lb. of 21/25 count shrimp, you can expect to get 21 to 25 shrimp. The smaller the number, the bigger the shrimp.





## Italian Easter Pie

Defrost pastry sheets (in refrigerator). Preheat oven to 400°F. Lightly grease a 10-inch round cheesecake pan, or pie plate. Slice sausages 1/4 inch thick, remove casings, and sauté with olive oil until lightly browned on all sides. Discard excess fat. In a large bowl, beat eggs. Add all cheeses, along with prosciutto, parsley, salt and pepper and sausage; mix well. On a lightly floured board, roll one piece of pastry into a 12-inch circle and place into greased pan. Add filling, roll 2nd sheet and place on top of filling. Fold top crust under bottom and crimp edges. Make slits in the center for steam vents. Brush with egg yolk beaten with 1 tbsp. water. Bake 35-40 minutes, or until crust is golden brown. Serve warm. Serves 10.

- 1 pkg. frozen pastry (2 sheets)
- 1/2 lb. hot Italian sausages (about 3)
- 1 tbsp. olive oil
- 3 eggs
- 1 1/2 lbs. full-fat ricotta cheese, *drained*
- 1/2 lb. mozzarella cheese, cut in 1/4 inch cubes
- 1/4 cup parmesan cheese, *grated (cheese shoppe)*
- 8 slices prosciutto, *coarsely chopped (about 1/4 lb.)*
- 1/4 cup Italian parsley, *chopped*
- kosher salt and black pepper, *to taste*
- 1 egg yolk

Video and  
helpful tips for  
this recipe at:  
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# Leah's TIPS

## Eggs ...an EGG-cellent source of nutrients!

Eggs are one of the least expensive and most versatile sources of protein that you can find in the supermarket. Think about it, you can cook or bake with eggs. You can eat eggs for breakfast, lunch or dinner or in a dessert. You can scramble, fry, poach, soft or hard boil eggs!

### EGG-citing facts:

- One large egg = 75 calories (5 grams of fat and 6 grams of protein)
- Eggs contain all 9 of the essential amino acids.
- Eggs are an excellent source of choline and selenium and are rich in leucine.
- Eggs can be safely stored in your refrigerator for weeks.
- Eggs cook quickly.



**Leah McGrath, RD, LDN**  
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**Save time.**  
Hard-boiled eggs  
are available cooked  
and peeled in the  
Ingles Deli.

## Ways that you can enjoy eggs:

1. Scrambled - Scramble eggs and add in some cheddar cheese and roll up in a whole wheat tortilla.
2. Frittata - Beat eggs and fold in pre-cut vegetables from the Ingles Salad Bar or Deli for a quick dinner or lunch.
3. Muffins - Make mini egg and ham muffins (time saver tip - use pre-cut ham from the Ingles Salad Bar) and freeze for a quick breakfast.
4. Hard boiled - Add hardboiled eggs to salads to increase the protein amount.
5. Egg salad - Make hard-boiled eggs (time saver tip - use hard boiled eggs from Ingles salad bar) and make yourself egg salad for a sandwich. Substitute plain Greek yogurt for some of the mayonnaise to cut calories and add even more protein!



# Strawberry SHORTCUTS

## Edible Salad Bowl

Fresh pizza dough

Roll out pizza dough to 1/4 inch thick. Cut into one inch strips. Form a lattice over an oven-safe bowl. Trim edges and add a final strip of dough around the the bowl to create the lip. Bake until golden. Let cool, invert and fill with pre-dressed salad.

## Strawberry Spinach Salad

Combine strawberries, spinach, red onions, beets, almonds and bacon bits. Dress with a packet of raspberry vinaigrette.

*Everything available at the Ingles Salad Bar.*

## Goat Cheese\* Stuffed Strawberries

- 1 pint washed and stemmed strawberries (Salad Bar)
- 1 small log goat cheese\* (Cheese Shoppe)
- 1/4 cup Greek yogurt (Salad Bar)
- 1 tbsp. honey
- 1/4 tsp. fresh ground black pepper

Mix the last 4 ingredients until creamy. Fill hulled strawberries with mixture.  
\*Substitute mascarpone cheese if you don't like goat cheese.

## Strawberry Basil Caprese

Secure alternating layers of strawberry halves, Sweetwater Farms basil leaves, and fresh mozzarella balls onto toothpicks. Drizzle with balsamic vinaigrette.

*Everything available at the Ingles Salad Bar and Ingles Produce Dept.*

## Strawberry Bell Pepper Slaw

- 1/2 cup precut jicama (Produce Dept.)
- 1/3 cup sliced red onion (Salad Bar)
- 1/4 cup fresh chopped cilantro (Produce Dept.)
- 9 bell pepper rings, halved (Salad Bar)
- 1/2 cup strawberries (Salad Bar)
- 1 lemon (juiced)
- 1 tbsp. strawberry jam
- 2 tbsp. olive oil
- Salt and Pepper to taste

Whisk together last 4 ingredients in a serving bowl to create a quick vinaigrette. Add remaining ingredients to the bowl and toss. Store chilled until ready to serve.





## WARM SALAD

1 lb. bacon, *cut into one inch slices*  
1 small yellow onion, *diced*  
1/4 cup stoneground mustard  
1/4 cup balsamic vinegar  
1/4 cup maple syrup

1/4 cup olive oil  
1 Pink Lady apple, *halved and sliced thin*  
1 large bag fresh spinach  
1/2 cup dried cranberries  
1/2 cup pecans

In a large sauté pan over medium heat, cook bacon until done. Remove bacon and reserve about 4 tbsp. of the bacon fat in the pan. Cook onions in the bacon fat until caramelized. Add mustard, vinegar, and maple syrup. Stir and let reduce for about 5 minutes. Add olive oil and combine. Pour the warm dressing over a bowl of spinach. Toss to coat, spinach will begin to wilt. Plate and top with slices of apple, dried cranberries, and pecans. Serve warm.



# SALAD IN A JAR

Eating healthy couldn't be any easier!

Here are some salad combination suggestions:

The world-famous Cobb salad originated at the Hollywood Brown Derby restaurant in the 1930s. Our Ingles version was created with a walk down the salad bar. Filled with crisp lettuce, tomato, bacon, turkey, ham, onion, cheddar cheese, and croutons, and topped with blue cheese dressing.

Need to get back in shape before summer? This delicious salad we created is loaded with vitamins, anti-oxidants, and most importantly, flavor. Spinach, tomatoes, cucumbers, garbanzo beans, broccoli, cauliflower and peppers with a tangy balsamic vinaigrette. A tasty way to get healthy.

Whether it's for breakfast, lunch, a snack, or a dessert, fruit salad is always a welcome treat. Fresh strawberries, red and green grapes, pineapple, cantaloupe, honeydew, paired with protein-rich cottage cheese, will provide you with the quick and easy energy boost to get you through the day.



*Check out all the great items available  
at the Ingles Salad Bar and Hot Bar.*





## Grilled Okra with Spicy Chipotle Dipping Sauce

In a blender, combine sour cream, mayonnaise, chipotle peppers, hot sauce, lime juice, and salt. Blend until thoroughly combined. Transfer into serving cup. Heat your grill to high. Prepare the okra, slicing each one down its length, stopping just short of the top. This will help the okra cook more evenly and create more crispiness. Toss the okra in a mixing bowl with olive oil and a generous sprinkling of salt and pepper. When the grill is ready, spread okra out, in a single layer, on a grill pan. Cover and cook about 3 minutes. Remove the cover and flip the okra to grill the other side. Continue cooking, flipping as needed, until the okra are grilled evenly on all sides. Transfer the grilled okra to a serving plate and serve with the chipotle sauce. Best if eaten piping hot from grill.

- 1 lb. finger-sized okra
- 1 tbsp. olive oil
- 1/2 cup sour cream
- 1/4 cup Duke's® mayonnaise
- 2 chipotle peppers in Adobo Sauce
- 1 tbsp. Abby J's Smokin' Hot Sauce
- 1 tbsp. lime juice
- Kosher salt and pepper

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# IT'S EASY BEING GREEN

Celebrate St. Patrick's Day with these easy and delicious recipes

## Quick Corned Beef and Cabbage



## Shamrock Tea Sandwiches



Toast Laura Lynn bread and cut into rounds. Spread rotisserie chicken salad (Deli) onto toast rounds, top with a cucumber slice. Align three sandwiches into a shamrock shape. Use a bell pepper rib (Salad Bar) as the stem, garnish with a parsley leaf.

2 lbs. Corned Beef, Medium Thick Sliced (Deli)

1/2 cup beef stock or dark Irish stout

1/2 head cabbage (cut into 4 wedges)

3 large carrots (peeled and chunked)

4 red skin potatoes (washed/pierced)

4 pats of butter

Add potatoes and carrots to a casserole dish, microwave for approx. 3-4 minutes, until tender. Place a 1/4" of beef stock, or dark Irish stout, into a skillet with the sliced corned beef, gently reheat on medium. Turn another skillet on high heat, sear cabbage wedges in a little olive oil, till golden and tender. Once out of the microwave, slice the potatoes 3/4 of the way down, return to casserole dish with carrots and dot with butter. Place casserole under broiler until the edges are golden and the Corned Beef and Cabbage are ready to plate. Season with salt and pepper to taste, or try a drizzle of balsamic vinegar, and serve.

Serves 4



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PHARMACY



**PERFECT  
FOR  
GAME DAY**

## **COWBOY BEANS and JALAPEÑO DOGS**

2 cans navy beans, *drained*  
1 can pinto beans, *drained*  
1 lb. bacon, *1/2 lb. diced*  
1/2 yellow onion, *diced*  
2 tbsp. brown sugar

1/2 tbsp. pepper  
1/3 cup BBQ Sauce  
1/3 cup yellow mustard  
1/3 cup ketchup  
1/3 cup water

8 hot dogs  
8 hot dog buns  
8 slices American cheese  
1 jalapeño

**BEANS** - Sauté onion and half the bacon until caramelized. In a bowl, combine beans, cooked onions and bacon, brown sugar, pepper, BBQ sauce, ketchup, mustard, and water. Stir well and put back in the empty cans to cook on the grill.

**HOT DOGS** - Cut hot dogs in half lengthwise. Place a slice of cheese and some sliced jalapeño on one half. Place the other hot dog half on top and then wrap it in a slice of bacon to keep it all the ingredients together. Cook on a grill.



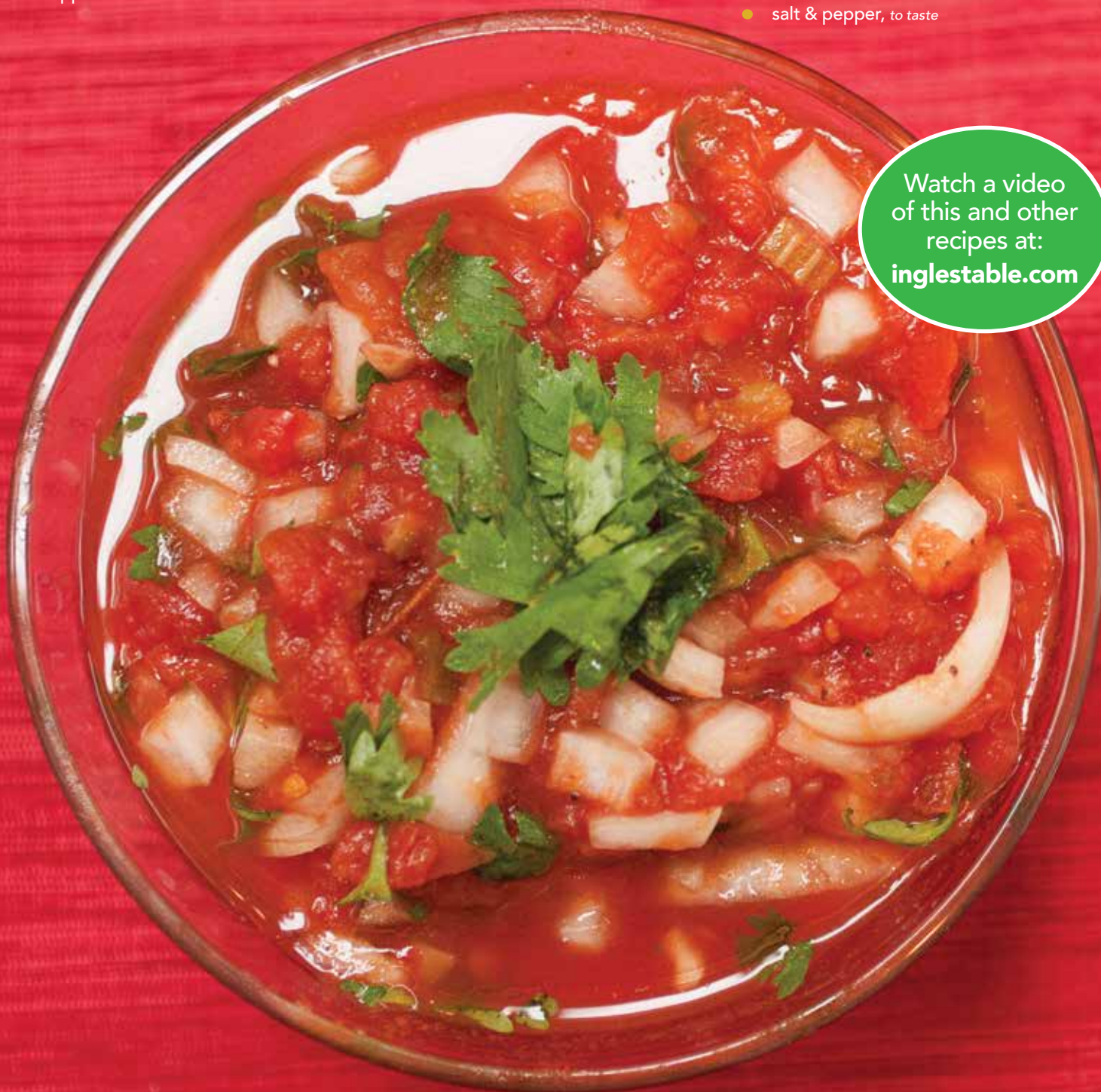


## Papa Joe's Salsa

In a blender, combine both cans of tomatoes, half of diced onion, diced jalapeño, juice from two limes, and salt & pepper. Stir items in blender, making sure ingredients are evenly distributed. Pulse several times. Pour salsa in serving bowl. Stir in other half of diced onion. Add chopped fresh cilantro to taste.

- 1 (14.5 oz.) can stewed tomatoes (*Mexican recipe*)
- 1 (14.5 oz.) can stewed tomatoes (*Italian recipe*)
- 1 jalapeño, *diced and seeded*
- 1 medium onion, *diced*
- 2 limes, *juiced*
- 1 bunch cilantro
- salt & pepper, *to taste*

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## Garlic and Thyme Skillet Potatoes

Pre-heat oven to 350°F. Over low-medium heat, pour olive oil into a cast iron skillet with garlic and a few sprigs of fresh thyme. While the oil is heating, slice 3-4 russet potatoes and 3-4 sweet potatoes, 1/8 inch thin. *(a perfect job for the food processor, or a mandolin, if you have one)* Once the garlic and thyme has infused with the olive oil, carefully pour the oil into a heat-safe bowl. Arrange all potatoes vertically in cast iron skillet, alternating between each potato variety. Generously baste potatoes with garlic/thyme oil. Place in the oven. Continue to baste every 15 minutes, until the potatoes are soft and develop a crunchy crust (about 1 hour). Sprinkle Parmesan cheese over the potatoes, garnish with thyme leaves, and serve.

- 1 cup olive oil
- 3-4 Russet potatoes, sliced 1/8 inch thin
- 3-4 sweet potatoes, sliced 1/8 inch thin
- 3-4 garlic cloves, chopped
- 1 bunch fresh thyme
- 1/4 cup parmesan cheese, grated (Cheese Shoppe)



### KEEP IT SEASONED

If your cast iron skillet has stuck on food, try using coarse salt and a damp rag. Never use soap or you will need to re-season the pan.



# Catering

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