



The **ingles** Table

with Josh Michael
Mini Chicken Parm Sandwiches

Shopping List

- torpedo rolls from the ingles bakery
- chicken strips off the ingles hot bar
- harvest farms pasta sauce
- laura lynn shredded mozzarella
- olive oil to toast bread

Cooking Instructions

1. Preheat your oven to 350
2. Warm a skillet to toast your torpedo rolls in
3. Once bread is toasted add two chicken strips
4. Top with spoonful of sauce
5. Sprinkle with mozzarella
6. Place in oven till warmed through and cheese is melted (10-15 minutes)





The **ingles** Table

with Josh Michael
Antipasto Pasta Toss

Shopping List

- ready made pasta salad from the Ingles deli
- favorite mix ins from the ingles salad bar (we used pepperoni, bell peppers, chick peas, marinated mushrooms, fresh mini mozzarella and cherry tomatoes)
- bag of vinaigrette from the salad bar
- fresh grated parm to finish

Cooking Instructions

1. Transfer pasta salad to serving bowl
2. Chop down any of the salad bar mix in's into smaller bite size pieces, add to bowl
3. Drizzle with additional dressing if needed, toss
4. Top with grated parm

