

Thanks for picking up the Holiday Edition of *The Ingles Table* magazine. We hope these pages inspire you when you're entertaining this holiday season.

We've filled the pages with exciting chefs and food bloggers who make up the Ingles Table family. They'll show you how to create dishes to impress your friends and family. The mouth-watering recipes are easy, exciting, and super flavorful, while keeping in mind that you still need to work within a budget.

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

And don't worry that you'll always be making dishes from scratch. *The Ingles Table* magazine will continue to bring you recipes that start with

Ingles' delicious premade Deli, Bakery, Salad Bar, and Cheese Shoppe items to help you cut down your prep time, allowing you to get meals on the table fresh and fast.

From our Ingles Table family to yours, happy eating!

Cindy

Cindy Mixon

Vice President Deli Operations, Ingles Markets









When New Sprout started in 2011, our vision was to grow fresh, local, organic produce close to where it's consumed. We started with 20 acres in Black Mountain and have expanded to Asheville with about 50 acres. The tomatoes ripen on the vine and pick them at the perfect stage where they'll go out to the shelves that same day or the following day. Ever since the beginning, Ingles has made a commitment to fresh, local produce. Here in the mountains it's a privilege not just to live but also to grow. Although fences make good neighbors, small fences make fantastic neighbors and there's just a little fence between our field and the Ingles warehouse. What impresses me the most about Ingles is that although it's a large employer, it's a large company, it's truly a family.

- New Sprout Farms (BLACK MOUNTAIN, NC) newsproutfarms.com



THE ingles TABLE

# **DESSERT SANDWICHES** THE TOAST: 1 pound cake (bakery)

## THE SPREAD:

8 oz. mascarpone, goat cheese (cheese shoppe), and/or cream cheese

## THE FILLING:

fresh fruit (salad bar) jam, jelly, lemon curd, honey, marmalade This simple dessert is tasty, easy, memorable, and fun. Simply grab a pound cake from the Ingles Bakery and cut it into slices. Toast each slice until golden brown. Spread on your choice of softened cheese, and top with an assortment of fruits, jams, jellies, curds, marmalades, honey, or whatever you come up with. Better yet, put an assortment of items out on a dessert table and let your guest make their own.

## Shrimp Alfredo

### **ALFREDO SAUCE:**

1 cup Daiya mozzarella shreds 2 cups unsweetened coconut milk (from a carton, not canned) 2 tbsp. gum-free gluten-free multipurpose flour 1 tbsp. dairy-free buttery spread 1/2 tsp. garlic powder 1/4 tsp. salt pinch of pepper

## FOR SERVING:

1/2 lb. shrimp 2 tbsp. dairy-free buttery spread salt and pepper gluten-free pasta







## **CHEF LINDSAY MOORE** Lentil Loaf

Preheat oven to 375°. Mash lentils with a potato masher or the back of a spoon in a medium-sized bowl. In a large nonstick skillet, heat olive oil over medium and sauté onions until soft and translucent. Add mushrooms and garlic, keep cooking until soft. If it starts to dry out, add water or vegetable broth. Add spinach, cover, and cook until spinach wilts (about 4 minutes). Add lentils to mixture and stir to combine. Add tomatoes, sage, garlic powder, seasoning, marjoram, oregano, thyme and stir to combine. Add oats and stir to combine again. Prep 2 9x5in loaf pans for baking: spread half of BBQ sauce or ketchup along bottom and sides of pan. Add lentil mixture equally to both pans, pressing down with your fingers or a spatula to form loaf, then spread remaining sauce generously on the tops of each. Bake for about 45 minutes, until sauce is crispy around the edges. Let sit for 10-15 minutes before serving. (It's better and easier to cut if you let it sit until the next day!) Serve with a simple caesar salad. Enjoy!

- 2 cups lentils, mashed
- 1 tbsp. extra virgin olive oil
- 1 large onion, chopped
- 18 oz. pkg. mushrooms, chopped
- 5 garlic cloves, mashed
- 1 pkg. fresh spinach, chopped
- 1 15 oz. can diced tomatoes, with juice
- 1 tsp. dried sage
- 1 tsp. garlic powder
- 1 tsp. garlic & herb seasoning blend

(we use Chef Paul salt-free seasoning)

- 1/4 tsp. dried marjoram
- 1/4 cup chopped fresh oregano
- 1/4 cup chopped fresh thyme
- 2 cups gluten-free old fashioned rolled oats
- 1 2 cups barbecue sauce or ketchup

(we use bone suckin' sauce) Watch a video of this and other recipes at: inglestable.com INGLESTABLE.COM









## **Chef Lu's TIRAMISU TRIFLE**

## CAKE:

1 pkg. yellow cake mix (prepared to the package instructions for 8" cake rounds)

## **CUSTARD:**

2 pkg. instant vanilla pudding 2 8 oz. containers mascarpone cheese

3 cups whipped topping

## **COFFEE SYRUP:**

2 cups extra strong coffee 1/2 cup sugar 1/2 cup coffee liquor

**GARNISH:** 

cocoa powder and powdered sugar

## **CUSTARD:**

Combine custard ingredients, except garnish. (reserve 1 cup whipped topping for garnish)

## COFFEE SYRUP:

Bring coffee and 1/2 cup sugar to boil. Reduce by half. Add liquor.

## TRIFLE:

Cut cake in 1/2 through the center. Generously douse with coffee syrup. Cover cake with custard. Build second layer of cake, coffee syrup & custard. Repeat. Top last layer with whipped topping. Finish with a dusting of cocoa and powder sugar. Refrigerate for 12 hours before serving.

## CREAMY RAT-UH-TOO-EE

1 medium zucchini

1 Japanese eggplant (or small eggplant) 1 yellow pepper 1 purple onion

4 small tomatoes

1 6.5 oz. herbed soft cheese, (Cheese Shoppe)

1/4 cup sour cream

1 cup tomato sauce 2 tbsp. olive oil 1 cup parmesan cheese, (Cheese Shoppe)

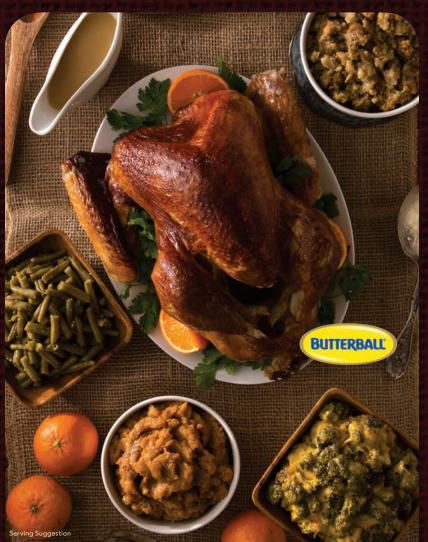
In a bowl, mix the soft cheese with the sour cream until smooth. Spread the mixture at the bottom of a pie plate. Slice all of the vegetables to be approximately the same size, 1/4" thickness. Starting at the center, vertically stack the vegetables, one slice of each, and keep repeating until you completely fill the plate. Brush olive oil onto the veggies and then pour the tomato sauce on top and brush it evently over, coating all the veggies. Cover with foil, place onto a baking tray, and bake for 40 min. Remove the foil and bake another 15 minutes until browned and bubbly. Slightly cool and serve topped with grated parmesan.





## Holiday, Dinn

Ingles offers heating and slicing (dditional fee). Our Simply reheat to an internal temperature of 165





## Deluxe Butterball Oven-Roasted Turkey Dinner

10 to 12 lb (average weight) Fully-Cooked Butterball Roasted Turkey

22 oz. Cornbread Stuffing

24 oz. Broccoli Cheddar Au Gratin

24 oz. Mashed Sweet Potatoes

24 oz. Homestyle Gravy

## Deluxe Butterball Bone-In Turkey Breast Dinner

4-6 lb (average weight)
Fully-Cooked Bone-In Butterball Turkey Breast

22 oz. Cornbread Stuffing

24 oz. Broccoli Cheddar Au Gratin

24 oz. Mashed Sweet Potatoes

24 oz. Homestyle Gravy

## rer Selections.

. Our dinners are fully cooked for your convenience. f 165 degrees and your dinner is ready to serve.





## Rotisserie Chicken Dinner

3 Fully-Cooked Rotisserie Chickens

22 oz. Cornbread Stuffing

24 oz. Seasoned Green Beans

24 oz. Mashed Potatoes

16 oz. Homestyle Gravy

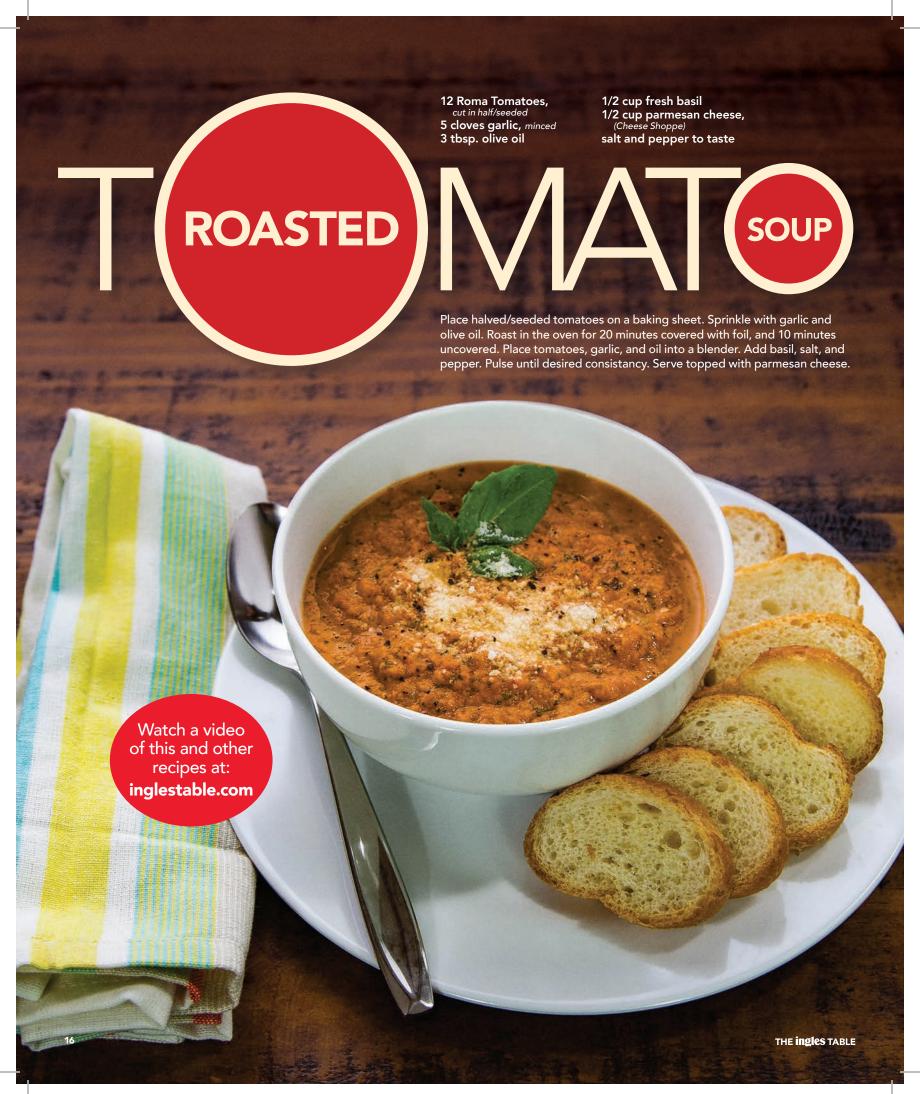
## Old-Fashioned Boneless Pit Ham Dinner

6-8 lb (average weight) Boneless Pit Ham

24 oz. Seasoned Green Beans

24 oz. Mashed Sweet Potatoes

24 oz. Amish Cole Slaw







## SUSAN MURRAY Lemon and Mascarpone Stuffed French Toast



## ingles is local!

The Van Wingerden Family has a long rich history of planters dating back to 1910 in the Netherlands where their original roots were formed. Their excellence in service and high quality plants has made them a trusted name at Ingles.

Like Ingles, they are big believers in the importance of community and work hard to support it in any way they can. Van Wingerden Greenhouses has dedicated themselves to growing the best quality products around, while offering competitive pricing and unbeatable customer service. They understand that a company's future is only as good as its customers, so they take every measure necessary to consistantly supply a quality product.

This holiday season, Ingles is proud to supply you with beautiful pointsettias direct from the Van Wingerden Greenhouses.

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WHERE YOUR **SAVINGS** SAY **SOMETHING**.™









## CHEF BRUCE White Chicken Chili

Melt bacon grease in stock pot over medium-high heat. Add onions, poblano peppers, 2 lbs. boneless chicken pieces, cooked and shredded (about 7-8 cups) celery, and garlic. Sauté for 3 minutes until onion softens. Add chicken to the pot, stirring 2 tbsp. bacon grease to combine. Sprinkle with the cilantro and flour to coat. Add salt, pepper, and cumin. Stir 8 cloves garlic, minced to coat and combine. Add the beans and stir. Turn heat down to medium-low. Add chicken 1 1/2 cups onions, minced stock, stirring to break up clumps. Cover and simmer for 20 minutes. While the chili is 1 cup celery, diced simmering, soften the cream cheese in a mixer, scraping down the sides. Slowly add heavy cream and cream cheese, beating until smooth. After simmering, remove stock pot from 1 cup poblano peppers, seeded and minced the heat and add milk and the beaten cream cheese, stir to combine. Place pot back on the 1 cup all-purpose flour heat and allow to simmer, uncovered, for another 10 minutes, stirring occasionally. Serve 6 cup white beans, cooked with cornbread or crusty bread. 1 bunch fresh cilantro, minced 1 tsp. salt 1 tsp. black pepper 1 tbsp. cumin 8 cups chicken stock 4 cups whole milk 1 cup heavy cream 8 oz. cream cheese Skin, shred and de-bone in-store rotisserie chicken from the Ingles Deli to make this chili even quicker. Watch a video of this and other recipes at: inglestable.com

## SHEPHERD'S PIE 1 pkg. shredded pork 3 slices yellow pepper (Salad Bar) 3 slices green pepper (Salad Bar) 3 slices red pepper (Salad Bar) 1 cup sliced onion (Salad Bar) 2 cups sliced mushrooms (Salad Bar) 2 cups mashed potatoes (Deli) olive oil fresh nutmeg, grated Saute onions and peppers in olive oil until carmelized. Add sliced mushrooms and slightly cook. Add pulled pork to the bottom of a lightly oiled casserole dish. Top with sauteed veggies. Top veggies with the mashed potatoes. Grate some fresh nutmeg on top of the potatoes and bake at 350° for 30-40 min.

## Sweet!

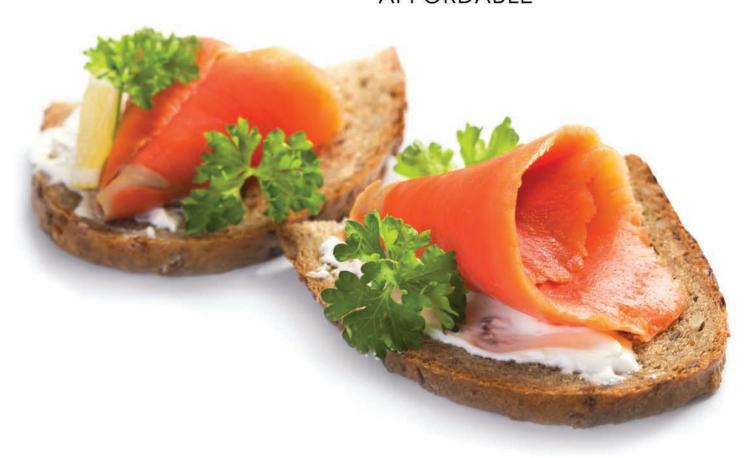


## INGLES HAS DELICIOUS PARTY TRAYS FOR ALL OCCASIONS

If you want something a little different we can do that too. Just stop by the Ingles Deli and let one of our Associates help you put it all together. And now Ingles makes it really easy to select and order party trays. Just go online at ingles-markets.com. Everything you need to order the perfect platter or holiday meal is right at your fingertips. Keep your party simple and delicious every day of the week at Ingles.



FRESH
DELICIOUS
BEAUTIFUL
AFFORDABLE





thechefskitchen.com