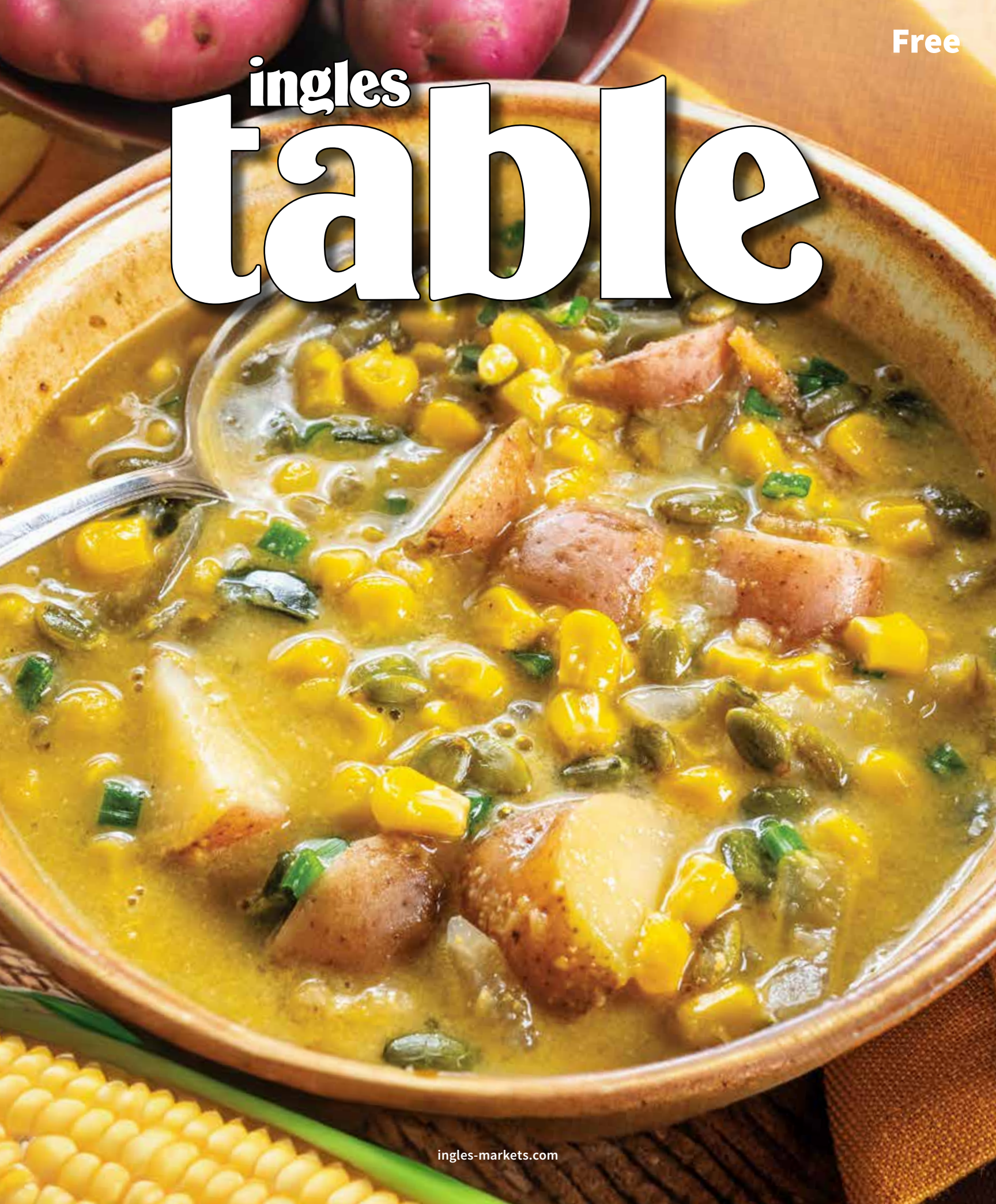



Free

# ingles table





A close-up photograph of a bowl of tomato soup. The soup is a vibrant orange-red color. On top of the soup are several mini grilled cheese croutons. These croutons are made of thin slices of bread with melted cheese in the center, which has been grilled to a golden-brown, slightly charred exterior. A silver spoon is partially submerged in the soup, its handle extending towards the top right of the frame.

Temperatures are about to start dropping and the kids are heading back to school. The holidays and football season are just around the corner. The beginning of the fall season is also the beginning of food season. Time to start planning dishes for friends and family to enjoy together.

The Ingles Table family of professional chefs and home cooks is bringing you more delicious dishes that are easy, exciting, and super flavorful. They've also kept in mind that you still need to work within a budget.

As always, Ingles is committed to bringing you the highest quality, from in-store prepared meals, to delicious artisanal cheeses, to the freshest and most local produce... and don't forget the mouth-watering desserts.

We're glad that you found our first ever digital Ingles Table magazine. While you're on the site, make sure to check out all the other recipes from years past.

From our Ingles Table family to yours, have a tasty Fall!

*-Cindy*

Cindy Mixon  
Vice President Deli Operations,  
Ingles Markets

**NEXT TIME YOU HAVE TOMATO SOUP, MAKE SOME  
MINI GRILLED CHEESE CROUTONS USING THIN  
SLICED BREAD AND YOUR FAVORITE SLICED CHEESE.**

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## WHICH APPLE SHOULD I USE?

◆ Best Eating

△ Best Cooking/Baking

- ◆△ Ambrosia - sweet, low-acid
- ◆△ Braeburn - sweet, hint of tartness
- ◆△ Cameo - sweet, hint of tartness
- ◆△ Fuji - sweet, crisp
- ◆△ Gala - sweet, eat fresh
- ◆△ Golden Delicious - eat fresh, salads
- ◆△ Granny Smith - tart, crisp
- ◆△ Honeycrisp - honey sweet, tart
- ◆△ Jonagold - well balanced
- ◆△ Jonathan - sweet, tangy
- ◆ McIntosh - sweet, good for applesauce
- ◆ Red Delicious - sweet
- ◆ Rome - mild flavor, cook with other apples
- ◆△ Pink Lady - juicy, sweet, crisp





## Protein: Compliments of Cottage Cheese

Cottage Cheese is having “a moment” thanks to social media. Here are 5 ways to add cottage cheese to meals and get some protein and calcium. Pick up the ingredients at your local Ingles Market and make it even easier.

### SAVORY DIP –

Blend cottage cheese with fresh or dried herbs and seasoning until smooth to make a dip. Add cottage cheese to fresh avocados, chopped tomatoes, garlic, lime, salt and pepper when making guacamole. Stir in cottage cheese to the delicious Ingles store-made guacamole for a dip or to make avocado toast.

### SWEET DIP –

Blend cottage cheese with apple butter and cinnamon and use as a sweet dip for apple slices or to spread on toast, or as a topping for pancakes, waffles, or French toast.

### BREAKFAST BOWL –

Slice bananas or other fresh fruit and have in a bowl with cottage cheese. Sprinkle with nuts like almonds, walnuts, or pecans. You can also turn it into a layered parfait by serving it in a cup. You could even get pre-cut fruit from the PRODUCE section or the Deli salad bar and make an easy breakfast just by adding cottage cheese.

### LUNCH PROTEIN BOWL –

Slice up fresh vegetables like cucumber, tomatoes and red, yellow or green peppers and put them on top of a scoop of cottage cheese. Save some time by picking up pre-cut vegetables in the Ingles PRODUCE section or the Deli salad bar.

### COTTAGE CHEESE ON TOAST –

Blend cottage cheese with your favorite jam, honey or nut butter and use as a topping for toast.



Leah McGrath, RD, LDN  
Corporate Dietitian, Ingles Markets  
@InglesDietitian 800-334-4936



# Could this be the perfect cookie?



**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## White Chocolate Macadamia Oatmeal Cookies

SERVES: 12

- |  |  |
|--|--|
| <b>1½ cups all-purpose flour (level scoop)</b> | <b>2 large eggs</b>                                      |
| <b>1 tsp. ground cinnamon</b>                  | <b>1½ tsp. vanilla extract</b>                           |
| <b>½ tsp. baking soda</b>                      | <b>3 cups old fashioned oats (do not use quick oats)</b> |
| <b>½ tsp. salt</b>                             | <b>1 cup dried cranberries</b>                           |
| <b>1 cup butter, slightly softened</b>         | <b>1 cup macadamia nuts, roughly chopped</b>             |
| <b>1 cup packed light brown sugar</b>          | <b>1 cup white chocolate chips</b>                       |
| <b>½ cup granulated sugar</b>                  |  |

1. Preheat oven to 350°F and line 18x13 baking sheet with parchment paper.
2. Whisk together flour, cinnamon, baking soda, baking powder, and salt until completely combined. Set aside.
3. Use a stand mixer with the paddle attachment to cream together butter, brown sugar, and granulated sugar until combined.
4. Mix in one egg, then blend in the second egg and add vanilla.
5. Add flour mixture and mix just until combined then mix in oats, dried cranberries, and macadamia nuts.
6. Using a large cookie scoop, scoop dough onto prepared cookie sheet. Six cookies per. Place in refrigerator for 15-20 minutes to firm up.
7. Once firm, gently press down on cookie to flatten the top but do not smash down.
8. Bake in preheated oven for 12-14 minutes until golden brown on edges. The center may look uncooked, but it will set up.
9. Remove from oven and let cool on baking sheet for a few minutes before transferring to a wire rack to cool completely. Repeat with remaining dough.

**DOUBLE THE RECIPE!  
FREEZE SOME FOR LATER  
OR GIVE THEM AS GIFTS.**





**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Breakfast Pizza

SERVES: 6-8

- 1 cup all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. kosher salt
- 1 cup non-fat Greek yogurt
- 1 cup sausage gravy
- 1 cup baby spinach
- ½ cup shredded mozzarella cheese

- 12 grape tomatoes, sliced
- 4 large eggs
- 4 strips of bacon  
salt and pepper  
for seasoning

1. Preheat oven to 450°F.
2. Combine the flour, baking powder, and salt into a bowl and mix well.
3. Add the yogurt and mix with a fork until well combined.
4. Lightly dust flour on a work surface and remove dough from bowl. Knead the dough a few times until dough is tacky.
5. Divide into four equal balls.
6. Sprinkle work surface and rolling pin with a little flour. Roll the dough out into thin ovals and place on a baking sheet.
7. Top with gravy, spinach, mozzarella, and tomatoes, leaving the center open for an egg. Gently break an egg into the center of the dough. Place bacon strips on the pizza.
8. Bake for 15 minutes, until the crust is golden, and the egg is set. Season with salt and pepper.

**IF YOU DON'T HAVE TIME TO MAKE THE HOMEMADE CRUST, PICK UP A PREMADE REFRIGERATED PIZZA CRUST OR USE A PITA.**

## Who wants Pizza for Breakfast?





# Grapes & Apples & Fennel, oh my.



UNICOI PRESERVES  
Suzy & Clark Neal

## Lighter Waldorf Salad

SERVES: 4-6

- |                             |   |
|-----------------------------|---|
| ½ cup pecans                | 1 cup red grapes                                |
| 1 Granny Smith apple, diced | ½ cup fennel, small dice                        |
| 1 red apple, diced          | ½ cup Laura Lynn whole fat vanilla Greek yogurt |
| 1 tbsp. lemon juice, fresh  | 1 tsp. Laura Lynn honey                         |
| 1 cup green grapes          |   |

**MAKE THIS GLUTEN-FREE DISH VEGAN BY USING DAIRY-FREE YOGURT AND MAPLE SYRUP INSTEAD OF HONEY.**

1. Toast the pecans on the stovetop by warming a skillet over medium heat. When the skillet is hot, add the pecans. Stir occasionally, and toast until fragrant and golden brown, about 6 to 7 minutes. Remove from heat, chop roughly, and cool pecans on a plate.
2. Toss the apples and lemon juice together in a mixing bowl. Add the grapes, fennel, toasted pecans, yogurt, and honey. Mix well and serve.



**A PERFECT MEAL TO  
KEEP YOU WARM ON  
A FALL EVENING**



**JOHN GIFALDI**  
Personal Chef

## **Pumpkin Rigatoni with Sausage and Spinach**

**SERVES: 4**

- |   |  |  |
|---|--|--|
| <b>2</b> <b>tblsp. olive oil</b>                                  | <b>½</b> <b>tsp. ground black pepper</b> | <b>⅓</b> <b>cup heavy cream</b>  |
| <b>½</b> <b>cup yellow onion, diced</b>                           | <b>½</b> <b>tsp. ground nutmeg</b>       | <b>1</b> <b>lb. rigatoni pasta</b>   |
| <b>1</b> <b>lb. sweet Italian sausage,<br/>cut into 1" pieces</b> | <b>1¼</b> <b>cup chicken stock</b>       | <b>6</b> <b>oz. fresh spinach</b>  |
| <b>3</b> <b>cloves garlic, minced</b>                             | <b>½</b> <b>cup dry white wine</b>       | <b>½</b> <b>cup fresh grated parmesan cheese,<br/>plus more to garnish</b> |
| <b>1</b> <b>tsp. kosher salt</b>                                  | <b>1</b> <b>cup canned pumpkin</b>       |  |
- 
- |   |   |
|---|---|
| <b>1.</b> Heat the olive oil in a large skillet over medium heat. Add in the onions and cook for 5 minutes, until starting to soften. Add in the Italian sausage and cook until no pink remains. Add in the garlic and cook for 1 minute.         | <b>4.</b> While the sauce is simmering, cook the pasta according to the package directions just 1 minute shy of al dente. Drain pasta reserving 1 cup of the pasta water. |
| <b>2.</b> Season the mixture with salt, pepper, and nutmeg.   | <b>5.</b> Stir the spinach into the sauce and cook for 2 minutes, until wilted. Add in 1/2 cup grated parmesan and stir to combine.                                       |
| <b>3.</b> Add in wine and let it reduce down by half or until you can't smell wine any longer. Add chicken stock, pumpkin, and cream; bring mixture to a simmer. Reduce the heat and cook for 10 minutes on medium-low heat, stirring frequently. | <b>6.</b> Add the drained pasta to the sauce and stir to coat. Taste for seasoning and adjust if needed. If the sauce is too thick, stir in a little pasta water.         |





**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Skillet Chicken Quarters with Root Vegetables

SERVES: 2-4

- 3 medium carrots, peeled
- 3 medium parsnips, peeled
- 1 cup new potatoes, cleaned
- 4-6 cloves fresh garlic
- ¼ cup white wine
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 tsp. fresh thyme, chopped
- 2 tsp. fresh rosemary, chopped
- 2 chicken leg quarters
- 2 tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. smoked paprika
- thyme and rosemary, for garnish

1. Preheat oven or smoker to 400°F.
2. Add carrots, parsnips, potatoes and garlic to the bottom of the skillet. Pour white wine over vegetables and season with salt, pepper, and chopped herbs.
3. Dry chicken quarters and coat with olive oil. Place quarters on top of vegetables and season with salt, pepper, and paprika.
4. Place a skillet, uncovered, on middle rack of oven and cook for 45 minutes, until internal temperature of 175°F - 185°F is reached. Check dish after 30 minutes. If chicken is browning too much, cover with foil for the remainder of the cook time.
5. Remove from oven and let it rest for 10-12 minutes. Garnish with fresh thyme and rosemary sprigs and serve.







KELLI SMITH & ERIN BARNETT  
The Southern Table

## Sheet-Pan Maple-Dijon Sausage and Fall Veggies

SERVES: 6

### SAUSAGE:

- 12 oz. (340g) smoked turkey sausage, sliced into 1/3-inch thick slices (or beef, pork, chicken)
- 16 oz. (450g) sweet potatoes, peeled and diced into 3/4-inch cubes
- 16 oz. (450g) brussels sprouts, trimmed and halved
- 1/2 medium red onion, roughly sliced
- 1 tbsp. minced garlic
- 2 tbsp. olive oil
- 1 tsp. Italian seasoning or Herbes de Provence
- 1/2 tsp. salt and freshly ground black pepper
- 1 tbsp. parsley, chopped for garnish
- 1 tbsp. parmesan shavings, for serving (optional)

### SAUCE:

- 1/3 cup maple syrup
- 1/3 Dijon mustard

1. Preheat your oven to 400°F (200°C). Lightly spray a large sheet pan with cooking spray. Spread the diced sweet potatoes and halved Brussels sprouts on the sheet pan. (Turn the Brussels sprouts cut side down, so they get that nice golden sear!)
2. Drizzle everything with olive oil, sprinkle with seasoning. Add salt and pepper to taste. Roast the sweet potatoes and Brussels sprouts for a first round in the preheated oven for 15 minutes.
3. In the meantime, make the sauce: Combine maple syrup and Dijon mustard in a mason jar and shake well.
4. Remove the sheet pan from the oven, and add the sliced sausage, garlic, and red onion.
5. Drizzle half of the maple-Dijon sauce over and toss with the veggies and spread everything on the sheet pan in one layer. Return the sheet pan to the oven and continue to roast until veggies are tender, about 15 minutes longer.
6. Remove the sheet pan from the oven. Drizzle the remaining sauce over the sausage and veggies and toss to coat. Sprinkle sausage and veggies with parsley and parmesan and serve immediately.
7. Enjoy!



**USE A PLANT-BASED  
SAUSAGE TO MAKE THIS  
GLUTEN-FREE DISH VEGAN**





# Like a Big Warm Hug in Every Bowl!



**CHEF ABBY J**  
Founder of Abby J's Gourmet  
Proprietor Blackhawk Flyfishing

## Chicken Cheese Soup

SERVES: 8

- 4 cups shredded cooked chicken or
- 1 rotisserie chicken deboned
- 4 cups water
- 2 10.75 oz. cans condensed cream of chicken soup
- 1 16 oz. package frozen mixed vegetables, thawed
- 1 15 oz. can diced potatoes, drained
- 1 lb. Velveeta, cubed
- 1 tbsp. Abby J's Smokin' Hot Sauce, minced chives, parsley, and croutons, for garnishing

1. In a Dutch oven, combine the first five ingredients. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender, 8-10 minutes.
2. Stir in cheese, just until melted (do not boil).
3. Top with Abby J's Smokin' Hot Sauce and garnish with chives, croutons, and parsley.





**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Apple Pie Dip with Cinnamon Sugar Pie Crust Chips

SERVES: 6-8

### APPLE PIE DIP:

- 1/3 cup brown sugar
- 2 tbsp. granulated sugar
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 1 tsp. lemon juice
- 1 cup water
- 3 tbsp. corn starch
- 2 tart apples, peeled, cored, and chopped into cubes (Granny Smith preferred)
- 2 sweet apples, peeled, cored, and chopped into cubes (Honeycrisp preferred)

### CINNAMON SUGAR CHIPS:

- 1 Laura Lynn refrigerated pie crust
- 1/2 cup granulated sugar
- 2 tsp. ground cinnamon
- 1 egg
- 1 tsp. water

### PIE CRUST CHIPS:

- 1. Preheat oven to 350°F.
- 2. Unroll pie crust on a floured surface. Use a leaf shaped cookie cutter to make leaf shaped dough.
- 3. Whisk the egg and the water together to make an egg wash. Baste over the leaf dough. Sprinkle the leaves with cinnamon and sugar.
- 4. Bake for 15 minutes, or until crisp and light golden brown. Remove from the oven and cool.

### APPLE PIE DIP:

- 1. In a medium saucepan, combine brown sugar, granulated sugar, and cinnamon. Add vanilla extract, lemon juice, and water. Stir in apples.
- 2. Heat apple mixture over medium heat until it comes to a boil. Reduce heat to low and simmer until the apples are tender, about 10 minutes.
- 3. Remove about 1/2 cup of the cooking liquid from the pan and pour into a small bowl. Add the cornstarch and mix well. Pour the mixture back into the saucepan. Cook on low, stirring constantly, until thickened. Pour the apple dip into a serving bowl to cool.
- 4. Serve the apple dip with the pie crust chips. Enjoy!



# YOUR NEW GO-TO QUICK AND TASTY DINNER!



**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## "Dump and Go" Baked Pork Chops

SERVES: 4

- |   |   |    |  |
|---|---|----|--|
| 4 | thick-cut boneless pork chops               | 1. | Pre-heat oven to 400°F.  |
| 1 | cup golden Italian dressing                 | 2. | Spray baking dish with cooking spray and set aside.  |
| ½ | cup light brown sugar                       | 3. | Pat dry pork chops and season both sides with salt and pepper, place in baking dish.             |
| ½ | cup Dijon mustard                           | 4. | In mixing bowl, combine salad dressing, brown sugar, and Dijon mustard and pour over pork chops. |
| 1 | tbsp. fresh parsley,<br>chopped for garnish | 5. | Bake uncovered until internal temp of 145°F and remove.  |
|   | salt and pepper, to taste                   | 6. | Let rest, loosely covered with foil, for approximately 10 minutes.                               |
|   |   | 7. | Garnish with fresh parsley and serve with your favorite rice and Italian salad.                  |





**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## Chocolate Chip Macaroons with Raspberry Glaze

SERVES: 16

### MACAROONS:

- 1 cup sweetened condensed milk
- $\frac{1}{8}$  tsp. ground cardamom (optional)
- 2 tsp. vanilla extract
- 1 14 oz. bag sweetened shredded coconut
- 2 large egg whites
- $\frac{1}{4}$  tsp. kosher salt
- 1 cup chocolate chips

### MACAROON DIRECTIONS:

1. Preheat oven to 350°F and line two baking sheets with parchment paper.
2. In mixing bowl, combine condensed milk, cardamom, cinnamon, and vanilla and mix until combined.
3. Mix in coconut and chocolate chips, until well incorporated.
4. In a separate bowl, beat the egg whites and salt until stiff peaks form.
5. Fold the egg whites into coconut mixture being careful NOT to over mix.
6. Using a small cookie scoop, scoop coconut mixture onto the prepared baking sheets about 1 inch apart.

**MACAROONS CAN BE KEPT AT ROOM TEMPERATURE FOR ABOUT 3 DAYS OR IN THE REFRIGERATOR FOR UP TO A WEEK.**

### GLAZE:

- 2 oz. seedless raspberry jam
- 1 cup confectioners' sugar
- 1 pinch kosher salt
- 1 cup toasted pistachios, for topping

7. Bake macaroons until they are golden brown in color, about 18 minutes.
6. Remove from the oven and let cool for a few minutes then transfer to a cooling rack to cool completely.

### GLAZE DIRECTIONS:

1. Combine confectioners' sugar and seedless raspberry jam in mixing bowl and mix well.
2. Spoon the glaze over the cooled macaroons, just enough to cover the tops only.
3. Sprinkle the chopped pistachios on top of the glaze.





**CHEF ABBY J**  
Founder of Abby J's Gourmet  
Proprietor Blackhawk Flyfishing

## Pumpkin Pie Martini

SERVES: 2

- 2 **tblsp. granulated sugar**
- 1 **tsp. pumpkin spice**  
**lemon wedge**
- 4 **oz. vodka**
- 1½ **oz. heavy cream**
- 1½ **oz. maple syrup**
- 3 **tblsp. pumpkin puree**

1. Mix the sugar and pumpkin pie on a shallow dish. Using a lemon wedge, wet the rim of the martini glasses. Dip the glasses in the spice/sugar mixture to coat the rim.
2. In a cocktail shaker full of ice, combine the vodka, heavy cream, maple syrup and pumpkin puree.
3. Shake well and strain into glasses.
4. Garnish with a cinnamon stick, pumpkin spice, and whipped cream.

**DELICIOUS CREAMY, SWEET,  
AND PERFECTLY SEASONED  
PUMPKIN PIE MARTINI!**





**UNICOI PRESERVES**  
Suzy & Clark Neal

## Vegan Corn Chowder

SERVES: 4-6

- 2 tbsp. Laura Lynn light olive oil
  - 1 sweet onion, medium, diced
  - 1 poblano pepper, diced
  - 1 lb. red potatoes, cubed
  - 2 14.75 oz. cans Laura Lynn Cream-Style Golden Sweet Corn
  - 2 15.25 oz. cans Laura Lynn crisp'n Sweet Golden Corn, undrained
  - 1 cup Harvest Farms Organic Vegetable Broth
  - 1 cup Harvest Farms Organic coconut Milk, unsweetened
  - 1 tsp. kosher salt
  - $\frac{1}{2}$  tsp. granulated garlic
  - $\frac{1}{8}$  tsp. cayenne pepper
  - chives or green onions, for garnish
1. Heat a Dutch oven over medium-high heat. Add olive oil, and sauté onions, poblano peppers, and potatoes until onions are translucent, and potatoes are lightly browned.
  2. Place both cans of cream corn in a deep bowl, and use an immersion blender to break it down to a smooth puree. This releases the starch from the corn, and will help thicken the chowder. Alternately, you can do this in a blender or food processor.
  3. Add pureed corn, whole kernel corn and its juice, vegetable broth, coconut milk, salt, garlic, and pepper, and simmer 20 minutes or until potatoes are done. Serve garnished with chives or green onions.

**FREEZE THE LEFTOVER  
CANNED COCONUT MILK  
IN AN ICE CUBE TRAY TO  
ADD TO FUTURE SOUPS  
AND CURRIES.**





**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

## Easy Cordon Bleu Thighs

SERVES: 5-6

- 6 boneless, skinless chicken thighs
  - 3 tbsp. avocado oil, divided
  - 1 7 oz. pack deli Swiss cheese
  - 1 8 oz. pack smoked deli ham
  - 1 lb. baby potatoes
  - 1 tbsp. salt
  - ½ tbsp. pepper
  - 1 tbsp. Italian seasoning
  - 1 tsp. garlic powder
  - 1 tsp. parsley
  - 1 tbsp. parmesan cheese, grated  
rosemary (optional)
1. Preheat the oven to 400°F. Place chicken thighs on a plate and pat dry with a paper towel. Combine all seasonings in a small bowl. Sprinkle half the seasonings on the chicken thighs.
  2. Place a large cast iron skillet on the stovetop and bring to medium-high heat. Add 2 tbsp. avocado oil to the pan.
  3. Once the pan is hot, place the chicken thighs in to sear on both sides.
  4. While the chicken thighs are searing, rinse and cut baby potatoes. Place the baby potatoes in a mixing bowl and coat them with the remaining seasonings and 1 tbsp. avocado oil. Make sure they are well coated. Place them on a baking dish with a few sprigs of rosemary (optional). Set aside.
  5. Once chicken thighs are seared, remove them from the stovetop. Fold deli ham and wrap it around the chicken thigh.
  6. Place potatoes and chicken thighs in the oven to cook for 20-25 minutes.
  7. Once the chicken thighs have finished cooking, place sliced Swiss cheese on top of the ham. Put back in the oven for a few minutes to melt. Once the cheese has melted, remove it from the oven to rest.
  8. Remove potatoes and garnish with parsley and grated parmesan cheese.



**A QUICK AND TASTY WAY  
TO HAVE THE FLAVORS OF  
A TRADITIONAL CORDON  
BLEU IN MUCH LESS TIME!**





**KELLI SMITH & ERIN BARNETT**  
The Southern Table

## Apple Slice Donuts Snacks

SERVES: 6-8

- 3 large apples
- 16 oz. jar Laura Lynn peanut butter
- 13 oz. jar hazelnut spread
- 16 oz. container cream cheese icing

1. Use an apple corer to remove core and stem of apple.
2. Cut apple into 1/2-inch slices.
3. Layer thin layer of your choice of peanut butter, hazelnut spread or cream cheese icing onto apples.
4. Add toppings of choice.

### TOPPING BAR IDEAS:

sprinkles  
dried fruits  
Harvest Farms granola  
Laura Lynn cereal  
strawberries  
sliced kiwi  
sliced bananas  
shredded coconut  
chocolate chips  
chopped nuts





## SERVES: 6

1. Heat olive oil in a stock pot set to medium heat. Sauté onions, celery, and carrots until soft. Add in the tomato sauce, chicken broth, bay leaf, Parmesan rind, and beans.
2. Bring to a boil then reduce to a simmer and cook until the veggies are tender. Add the spinach and stir until wilted. Add the bread and cook until the soup is very thick. The soup should be so thick that a spoon stands up in the middle.
3. Serve with a drizzle of olive oil and sprinkle of parmesan cheese.

**A CLASSIC TUSCAN WHITE BEAN SOUP WITH VEGETABLES, THICKENED WITH DAY-OLD BREAD.**





**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

**THIS IS A GREAT BREAKFAST OR JUST A FUN SWEET TREAT!  
ADD ANY TOPPINGS YOU WISH.**

## Chai Spice Apple Dutch Baby

SERVES: 3-4

### CHAI SPICE MIX:

- 1 tsp. ground cardamom
- ¼ tsp. ground clove
- ⅛ tsp. ground black pepper
- 2 tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground fennel seeds

### HONEY BUTTER:

- ¼ cup salted butter, softened
- ½ tsp. clover honey

### DUTCH BABY:

- 2 large gala apples, thinly sliced
- 3 eggs
- ½ cup all-purpose flour
- ½ cup skim milk
- ¼ tsp. coarse salt
- 1½ tbsp. white sugar
- ½ tsp. vanilla extract
- ½ tsp. vanilla paste
- 3 tbsp. salted butter
- pomegranate seeds, walnuts, pecans, for garnish

1. Preheat oven to 425°F. Combine all the chai spice mix ingredients in a small bowl and set aside. Whisk together the ingredients for the honey butter and chill until you are ready to use.
2. Over medium heat, melt butter in an 8" cast iron skillet. Stir in apples and 2 tsp. of the spice mix. Cook until the apples have started to soften.
3. While the apples cook, blend eggs, flour, milk, salt, sugar, vanilla paste, vanilla extract, and remaining chai spice mix. Blend until smooth.
4. Turn off the stove and pour the batter into your cast iron skillet. Place the cast iron in the oven and cook for 20-25 minutes, until puffed and golden brown.
5. Remove from the oven. Sift some powdered sugar over the puffed pancake, and add pomegranate seeds, walnuts, pecans, and chilled honey butter. Serve immediately.



# ingles **is** local!

Our founder, Robert Ingle, saw a need to invest in smaller towns and rural communities throughout the Carolinas that were being unsupported by large grocery chains. So, he opened the first Ingles supermarket in Asheville, North Carolina in 1963 working primarily with local farmers to get their product into the hands of consumers.

Today, we continue building on our founder's ambitious dreams of supporting underserved and local communities, farmers, and producers. Together with our customers we proudly provide assistance to more local children and families, schools and universities, athletic and arts programs, and those hungry and in-need than any other grocery store in the southeast.



## ingles

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

[ingles-markets.com](http://ingles-markets.com)