

Free

# ingles table

SPECIAL  
HOLIDAY  
EDITION





I'm so excited for the holidays this year! A chance to get together with friends and family to share stories, play games, and eat lots of delicious food. These pages are filled with easy, tasty, and creative recipes that will please you and your guests without breaking the bank. But, we couldn't fit all the recipes in this magazine. Make sure you head over to [ingles-markets.com](https://ingles-markets.com) and click the "Ingles Table" button to find even more recipes, and instructional videos, to make your holidays as tasty as possible.

Not in the mood to cook yourself? We have you covered. Head to the Ingles Deli, Bakery, and Cheese departments, choose some items from our delicious in-store prepared foods, including delicious holiday dinners and decadent desserts, transfer everything to your own serving dishes, and let your guests think you made everything from scratch. Shhhh, it'll be our little secret.

Here's a tip for you. If you find yourself in need of a unique holiday gift, Ingles has countless items throughout the store that will help you create a fantastic gift basket. Grab a colander and fill it with delicious seasonal fruits, or a cutting board and place various international cheeses on it, or a glass jar and fill it with nuts and candies from our bulk bins. These hand-chosen gifts will be a hit.

Whatever holiday you celebrate,  
may it be the best ever!

*-Cindy*

Cindy Mixon  
Vice President Deli/Bakery/Starbucks  
Ingles Markets



4	Leah's Tips	11	Apple, Fennel, and Brussels Sprout Salad	20	Orange-Glazed Sweet Potatoes
5	Gingerbread Waffles	12	Holiday Inspirations	21	Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries
6	Vegetable Pizza	14	Blue Cheese and Fig Bruschetta	22	Turkey and Mashed Potato Dressing Casserole
7	Cheesy Pull-Apart Christmas Tree Bread	15	New Year's Day Red Pozole	23	7 Secrets to Better Mashed Potatoes
8	Three-Cheese Skillet Dip	16	Apple Cranberry Stuffing	24	Mini Pumpkin Bundt Cakes
9	Turkey 101	17	Queen Family Cranberry Cider	25	Holiday Charcuterie Wreath
10	Smoked Salmon Stacks	18	Spicy Maple Nuts	26	Holiday Salmon
		19	Orange-Cranberry Pork Loin	27	Cranberry Orange Shrub



**MAKE A BEAUTIFUL AND UNIQUE  
HOLIDAY CENTERPIECE BY VISITING  
THE INGLES PRODUCE DEPARTMENT  
AND FLORAL DEPARTMENT.**

Editorial Director: **Melissa Leavell, PhD** - Advertising Director, **Ingles Markets** | Creative Director: **Michael McMurtrey/Blueplate Creative**  
Food Stylist: **Michael McMurtrey** | Event Coordinator Manager: **Ruby Candela** | Photography: **Roger Downes + Aubrie McGuffey/Downes Media**

© 2022 Ingles Markets, Inc. All rights reserved. All articles in the Ingles Table™ magazine are written and edited by professionals.  
Ingles Markets makes no representation as to the accuracy or efficacy of information provided. Reproduction in whole or part is prohibited without permission of the publisher.



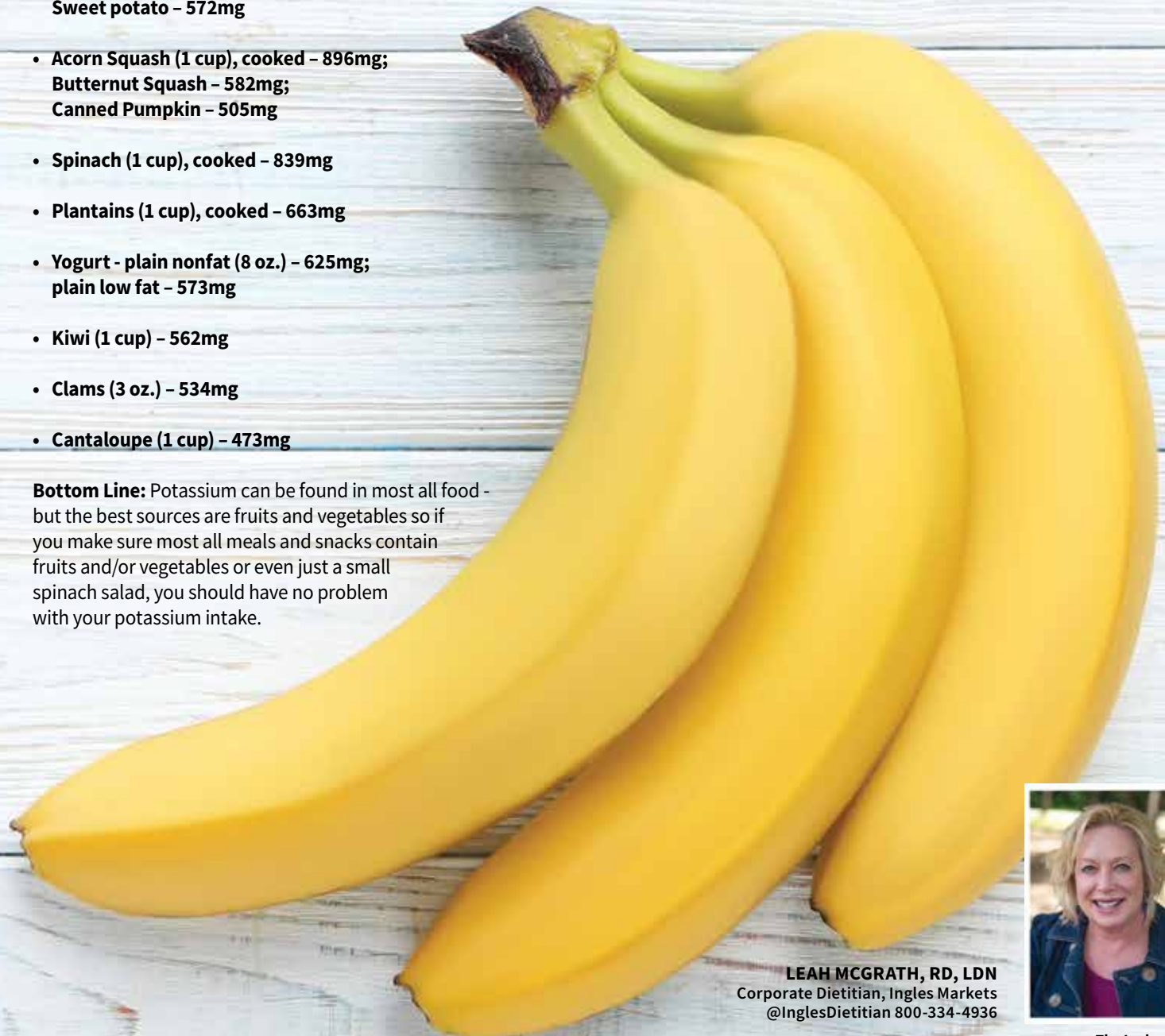
## Put some **POTASSIUM** in your shopping cart

Having a low-sodium diet and one with foods featuring good sources of potassium may help with blood pressure regulation. When we think about sources of potassium, bananas are often the “go to” because they are easy to find and inexpensive (1 medium banana = 451mg of potassium). The good news is that many foods provide potassium, and it’s relatively easy to incorporate those foods into most diets:

- **Swiss Chard (1 cup) – 961mg**
- **Jackfruit (1 cup) – 739mg**
- **Potato, baked with skin (1 medium) – 926mg;  
Sweet potato – 572mg**
- **Acorn Squash (1 cup), cooked – 896mg;  
Butternut Squash – 582mg;  
Canned Pumpkin – 505mg**
- **Spinach (1 cup), cooked – 839mg**
- **Plantains (1 cup), cooked – 663mg**
- **Yogurt - plain nonfat (8 oz.) – 625mg;  
plain low fat – 573mg**
- **Kiwi (1 cup) – 562mg**
- **Clams (3 oz.) – 534mg**
- **Cantaloupe (1 cup) – 473mg**

**Bottom Line:** Potassium can be found in most all food - but the best sources are fruits and vegetables so if you make sure most all meals and snacks contain fruits and/or vegetables or even just a small spinach salad, you should have no problem with your potassium intake.

# Leah's TIPS



**LEAH MCGRATH, RD, LDN**  
Corporate Dietitian, Ingles Markets  
@InglesDietitian 800-334-4936



The Ingles Table





## Gingerbread Waffles

SERVES: 4-6

- 2 cups Laura Lynn Complete Pancake and Waffle Mix
- 4 tsp. molasses
- ½ tsp. ground ginger
- ½ tsp. ground cinnamon
- ½ tsp. ground cloves
- 1½ cups water
- 1 bottle Laura Lynn Maple Syrup
- ½ cup chopped pecans
- fresh berries, optional
- chocolate chips, optional
- peppermint candy, optional

1. In a small bowl, combine waffle mix, molasses, cinnamon, ginger and cloves. Stir in water until dry ingredients are moistened.
2. Pour batter mixture onto hot waffle maker until fully cooked.
3. Top with a few drizzles of maple syrup and crumbled pecans.
4. Serve with toppings bar including fresh berries, crushed peppermint candy and chocolate chips.



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

**WE FOUND SILICONE MOLDS ONLINE FOR THE CUTE GINGERBREAD MAN BUTTER PATS.**





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

## Vegetable Pizza

SERVES: 12

- |               |   |               |                                |
|---------------|---|---------------|--------------------------------|
| 2             | (8 oz.) cans crescent dough sheets or crescent roll dough | 1             | cup cauliflower, chopped       |
| 2             | (8 oz.) packages cream cheese, softened                   | 1             | cup orange bell pepper, sliced |
| $\frac{2}{3}$ | cup mayonnaise  | $\frac{1}{2}$ | cup black olives, sliced       |
| 1             | tbsp. fresh dill, chopped                                 | $\frac{1}{2}$ | cup green onions, sliced       |
| $\frac{1}{2}$ | cup grape tomatoes, sliced                                | 1             | cup shredded cheddar           |
| 1             | cup broccoli, chopped                                     |               |                                |
- 
1. Heat oven to 350°F.
  2. Spray 12x18 pan with nonstick spray.
  3. Unroll crescent dough sheet and press dough into bottom of pan, sealing all seams. Bake 10 minutes or until light golden brown. Remove from oven and cool.
  4. In a small bowl, blend cream cheese, mayonnaise, and dill. Spread mixture evenly over crust.
  5. Top the crust evenly with vegetables, olives, and cheese.
  6. Cut into squares and refrigerate until ready to serve.

**MAKE THIS DELICIOUS COLD PIZZA  
A FEW DAYS IN ADVANCE AND  
KEEP IT IN THE REFRIGERATOR!**



# Cheesy Pull-Apart Christmas Tree Bread

SERVES: 4-5

- 1 pkg. pizza dough
- 1 pkg. fresh mozzarella pearls
- ½ stick butter
- ½ cup flour
- 1 egg
- 1 handful dried Italian herbs
- ½ cup Parmesan cheese
- ½ cup pomegranate seeds
- 2 cloves garlic, minced (optional)
- ½ cup marinara sauce
- fresh rosemary, for garnish

1. Preheat oven to 400°F.
2. Spread the pizza dough out on a lightly floured surface. Using a pizza cutter or sharp knife, cut the dough into 30 squares. Then, place a mozzarella pearl in each square. Pinch together dough to seal the edges and begin rolling into a ball.
3. Place the balls on the prepared baking sheet, seam side down, in a tree shape (the balls should be lightly touching). Whisk the egg and water together in a small bowl and lightly brush each ball with the egg wash, coating well.
4. Sprinkle some Parmesan cheese, saving some to garnish, and dried herbs over the dough. Then, bake until golden brown.
5. Melt butter in a small bowl and add garlic. Brush bread with garlic butter, more dried herbs, rosemary, the rest of the Parmesan, and top with pomegranate seeds.
6. Serve with a side of marinara sauce.

**NOTE:** Because the star is thinner than the dough balls, you'll want to remove it from the oven sooner than the rest of the tree.



**KAITLYN BAKER**  
Nashville Recording  
Artist/Songwriter





Owned by Dairy Farmers  
Since 1919



**JULIA BROCAILE**  
Mom and wife with a  
passion for creativity

## Three-Cheese Skillet Dip

SERVES: 6-8

### CHEESE DIP:

- 2 tbsp. butter
- 1½ cups Cabot Pepper Jack Cheese, shredded
- 1 cup Cabot Colby Jack Cheese, shredded
- 1 cup Cabot White Cheddar, shredded
- 1 white onion, diced
- 1½ cups shiitake mushrooms, diced
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder

### SAUCE TOPPINGS:

- 2 tbsp. sour cream
- ½ lime, juiced
- 1 tbsp. honey
- 2 tbsp. chives, chopped
- cayenne pepper, to taste

**GOES GREAT WITH SOME FRESHLY BAKED  
CROSTINI FROM THE INGLES BAKERY!**

1. Preheat oven to 475°F.
2. In an 8 inch cast-iron skillet, melt butter on medium heat.
3. Sauté onions until translucent, 3-4 minutes. Add in mushrooms and sauté for another 3 minutes, until soft and slightly shrunken.
4. Add salt, pepper, and garlic; stir to combine.
5. While vegetables are sautéing, stir in the shredded Cabot cheese until all ingredients are thoroughly combined.
6. When the cheese is slightly melted, place skillet in the oven and bake for 5 minutes until the cheese is bubbling. Broil for 1-2 minutes to get a browned surface.
7. Remove from the oven. In a bowl, mix lime juice with sour cream and then drizzle it over the cheese dip. Drizzle honey and sprinkle with cayenne pepper and chives.



# TURKEY 101

## **Two weeks before:**

If you're going to cook a frozen turkey, this is the time to head to the store. The largest and smallest birds will sell first, so you'll find the size you want if you shop early. Figure 1½ pounds per person.

## **Three to five days out:**

Time to move your frozen turkey to the refrigerator. Cooking a partially frozen turkey will add additional time to your cooking. Figure 24 hours per 4 to 5 pounds for defrosting time.

## **Two days out (for dry brining):**

If you're going to dry brine your turkey, now is the time to start that process. Dry brining a turkey is the act of rubbing salt all over it and placing it into a bag or container that just fits it. The salt will initially draw out moisture from the turkey but then the salty liquid that's produced will be reabsorbed into the meat, taking some of the salty flavor with it and breaking down some of the proteins to help keep it moist. You can also add citrus zest, garlic, herbs, and peppercorns for more flavor.

## **One day out (for wet brining):**

If you're going to wet brine your turkey, it's best to do so between 12 and 24 hours before you're going to cook it. A wet brine starts with a solution of water and salt (approx. 1 cup salt to 1 gallon of water). Some people swear that adding 1/4-1/2 cup of white or brown sugar to each gallon of water produces a browner skin and adds flavor. When wet brining, make sure you place it in a large enough pot or bucket and put in enough liquid to completely cover the turkey. Keep the turkey cold and covered with a lid. Add citrus zest, garlic, herbs, and peppercorns for more flavor.

**NOTE:** Whether to rinse off the brine before cooking is a debated subject but, according to the USDA, rinsing raw poultry puts you at risk of contracting foodborne illnesses. That's because the poultry may harbor the bacteria that cause salmonella poisoning, and the only way to destroy this bacteria is to cook the meat thoroughly. If you do decide to rinse off the brine, be sure to thoroughly disinfect your hands, the sink, and the surrounding area before you do anything else. Whichever you decide, make sure you pat the turkey dry with paper towels before placing it in the oven. This will give you a crisp exterior to hold in all the juices.

## **Four hours before dinner:**

This is when you would put your unstuffed 16lb. turkey into the 325°F oven. Figure approx. 15 minutes of cook time per pound. A stuffed turkey could take slightly longer. All ovens are different so remember, a turkey is fully cooked when the thigh registers 165°F with an instant read thermometer.

## **30 minutes before dinner:**

Don't let all your hard work and planning be destroyed by cutting into your turkey too soon. We know you're hungry, but you need to let your cooked turkey rest for at least 30 minutes before slicing or all the liquids will run out leaving you with a dry bird.







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

## Smoked Salmon Stacks

SERVES: 6

- 1 tbsp. butter
- ¼ cup shallot, diced
- 1 tbsp. horseradish
- 4 oz. cream cheese, softened
- 2 tbsp. heavy whipping cream
- 1½ tsp. ranch dip mix
- 2 tbsp. chives
- 6 oz. smoked salmon, thinly sliced

1. In a small skillet, melt butter over medium heat. Add shallots and sauté for 5 minutes or until tender.
2. In a medium bowl, combine cream cheese, shallots, horseradish, cream, ranch dip mix, and chives.
3. Place a salmon strip on work surface. Spread about 1 tbsp. of the cream cheese mixture over salmon. Top with another salmon strip, more cream cheese mixture, and a third salmon strip.
4. Wrap the salmon stack in plastic wrap and refrigerate until chilled.
5. Remove stacks from plastic wrap. Cut into squares, secure with a cocktail skewer, and serve on a serving platter.





**UNICOI PRESERVES**  
Suzy & Clark Neal

## Apple, Fennel, and Brussels Sprout Salad

SERVES: 10-12

### SALAD:

- 1 Granny Smith apple, diced
- 1 Honeycrisp apple, diced
- 1 bulb fennel, sliced into matchsticks
- 16 oz. Brussels sprouts, thinly sliced
- ½ cup Laura Lynn dried cranberries
- 4 oz. candied pecans, rough chopped
- fennel fronds, for garnish

### CITRUS VINAIGRETTE:

- |   |                                      |   |                                  |
|---|--------------------------------------|---|----------------------------------|
| 1 | Orange, zested                       | 2 | tsp. Laura Lynn honey            |
| ⅓ | cup orange juice, fresh              | 1 | tsp. Laura Lynn Dijon mustard    |
| 2 | tbsp. Laura Lynn apple cider vinegar | ¼ | tsp. kosher salt                 |
| 2 | tbsp. Laura Lynn light olive oil     | ⅛ | tsp. black pepper, finely ground |

1. In a large serving bowl, combine all salad ingredients except for candied pecans and fennel fronds. Toss to combine.
2. Combine all vinaigrette ingredients together in a mixing bowl. Whisk to combine.
3. When ready to serve, add vinaigrette and toss to coat. Add candied pecans, and garnish with fennel fronds.



# HAVE SOME FUN

With these clever ideas to inspire





# IN THE KITCHEN

you to get into the holiday spirit.







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

## Blue Cheese and Fig Bruschetta

SERVES: 2-4

- |   |   |    |  |
|---|---|----|--|
| 4 | slices multigrain loaf,<br>cut ½ inch thick | 1. | Brush 1/2 teaspoon of extra virgin olive oil on each side of each slice of bread.  |
| 4 | oz. blue cheese                             | 2. | Put a grill pan on medium heat and add the bread slices. Grill until both sides are lightly toasted. It takes about 2 minutes per side. Set aside to cool. |
| 4 | tsp. extra virgin olive oil                 | 3. | If you are grilling in the oven: Preheat the oven to 400°F. Place the bread on a baking sheet and grill each side for 4 minutes.                           |
| ½ | cup walnuts                                 | 4. | Take out and place the blue cheese on the bread. Top with sliced figs and walnuts and then drizzle with honey.   |
| ½ | cup honey                                   | 5. | Garnish with herbs of your choice.   |
| 4 | figs  |    |  |
|   | fresh herbs, for garnish                    |    |  |

**LET'S RING IN THE HOLIDAYS  
WITH THIS DELICIOUS APPETIZER OR  
ENJOY IT AS A MEAL WITH A  
WONDERFUL RED WINE.**





**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## New Year's Day Red Pozole

SERVES: 8-10

### RED CHILE PASTE:

- 10 New Mexico or California chiles, dried
- 6 Guajillo chiles, dried
- 6 Morita chiles, dried (adds smokey flavor)
- 6-8 Arbol chiles, dried
- 1 qt. boiling-hot water
- ½ white onion, chopped
- 4 cloves garlic, minced
- ½ tsp. oregano

### POZOLE:

- 2 (25 oz.) cans Mexican style hominy
- 5 lbs. pork butt, trimmed and cubed into bite-sized pieces
- 2 lg. white onions, chopped
- 1 (14 oz.) can diced tomatoes
- 8 cloves garlic, minced
- 4 (32 oz.) boxes of beef stock
- 1 cup red chile paste
- 1 tbsp. oregano
- 1 bunch cilantro, chopped
- 10 fresh limes, cut into wedges
- 2 bunches radishes, thinly sliced
- ½ head cabbage, shredded thin

### RED CHILE PASTE INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Remove stems and as many seeds as you can from all of the dried chiles. Then, place them on a sheet tray and toast in the oven (5-10 minutes). Watch carefully to ensure the chiles do not burn.
3. Place chiles, onion, garlic, and oregano in a large bowl, pour the boiling water over ingredients, and cover tightly with plastic wrap. Let the ingredients steep in the water for 15 minutes, or until all ingredients are softened.
4. Drain liquid from chile mixture and set aside.
5. Place remaining ingredients into a blender and purée until a smooth paste forms. Add reserved liquid to the blender, a little at a time, until desired consistency is formed.

### POZOLE INSTRUCTIONS:

1. In a large heavy bottom stock pot, sear the pork over medium high heat, stirring occasionally. This can take up to 30-35 minutes. Sear the pork until all of the moisture is cooked out and the pork starts to get crispy and browned.
2. Add in the onions and continue cooking until the onions start to soften, stirring occasionally.
3. Add in the garlic and stir to combine.
4. Add diced tomatoes and enough beef stock to cover all ingredients, start with two boxes.
5. Add in the oregano and chile paste, stir until all is combined.
6. Add the other two boxes of beef stock, stir, and bring to a boil.
7. Once pozole is boiling, place the lid on the pot, leaving a slight crack, reduce to a simmer for 3-3 ½ hours.
8. 30 minutes before serving add Mexican hominy and allow enough time for it to come to temperature.
9. Serve and garnish with cabbage, radish, cilantro, and wedges of lime.





## Apple Cranberry Stuffing

SERVES: 10

16 oz. dried white bread, cubed	1 lb. apple, chopped	½ tsp. dried thyme
1 stick of salted butter, sliced	1 cup dried cranberries	½ tsp. dried sage
2 cups celery, diced	4 tbsp. fresh parsley, chopped	2 cups chicken broth
1¼ cup yellow onion, diced	1 tbsp. fresh rosemary, chopped	salt & pepper, to taste

1. Preheat oven/smoker to 325° F.
2. Melt butter in a large skillet over medium heat and sauté onion and celery until softened.
3. Add in apples and continue to cook until they begin to soften.
4. Remove skillet from heat and toss in cranberries, 3 tbsp. parsley, rosemary, thyme, and sage.
5. Pour breadcrumbs in large mixing bowl and mix in apple mixture. Season with salt & pepper and pour in one cup of chicken broth. Gently mix.
6. Slowly mix in more chicken broth, gently mixing, until breadcrumbs are softened.
7. Pour bread mixture into a greased 8 x 13 baking dish and spread evenly. Cover with foil and place into oven for 15 minutes. Remove foil and bake for another 15-25 minutes, until heated through and top is golden brown.
8. Serve warm garnished with remaining parsley.



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



## Queen Family Cranberry Cider

MAKES ONE GALLON

- |                          |                          |
|--------------------------|--------------------------|
| 12 oz. fresh cranberries | 12 oz. can frozen orange |
| 2 cinnamon sticks        | juice concentrate,       |
| 1½ tbsp. whole cloves    | thawed (pulp free)       |
| 1½ tbsp. whole allspice  | 1¼ gallons water         |
| 1 cup granulated sugar   |                          |

1. Add water, cranberries, and cinnamon to a large, non-reactive\* pot.
2. Fill a tea ball with the cloves and allspice (or tie the spices up into a cheesecloth packet) and add to pot.
3. Bring cranberries to a rapid boil then reduce heat to a low boil (just above a simmer).
4. As the cranberries boil they will “pop” and begin to lose their pink color. Continue until they've all popped.
5. Using a fine mesh strainer, strain the cranberry juice into another large pot or pitcher. Retrieve the cinnamon and tea ball (or spice packet), rinse and reserve them.
6. Pour cranberry juice back into the original pot, adding the cinnamon, spice packet, sugar, and orange juice; stir.
7. Return pot to low heat and steep for 12-24 hours. (Do not allow the juice to simmer or boil again, it will cause the orange juice to be bitter.) If you choose to steep overnight, you can turn off the heat, then just warm it again in the morning. The longer you steep, the more the spices and flavor will develop. Stir and taste every couple of hours; adjust sugar if needed.
8. Serve immediately, or refrigerate and re-heat when ready to serve.

NOTE: If you end up with less than one gallon of cider, you can add fresh water to bring the volume back.

\*A non-reactive pot, like a ceramic coated Dutch oven or similar is best used. Cranberry juice is very acidic and if you use a stainless steel or non-stick pot the cider may have a slightly metallic taste.



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



# Spicy Maple Nuts

SERVES: 6-8

- |  |   |                                     |
|--|---|-------------------------------------|
| 3 cups raw nuts (cashews, almonds, pecans, etc.) | 2 tsp. ground cinnamon                              | 4 tbsp. light brown sugar           |
| 1 tsp. salt                                      | 1/2 tsp. black pepper                               | 4 tbsp. aquafaba* (or 2 egg whites) |
| 1/2 tsp. smoked paprika                          | 1/2 tsp. allspice                                   | 4 tbsp. real maple syrup            |
| 1/2 tsp. ground nutmeg                           | 1/2 tsp. cayenne, adjust to your desired heat level |                                     |

1. Preheat oven to 300°F.
2. Mix all spices and sugar together in a bowl.
3. In a large mixing bowl, whisk the aquafaba (or egg whites) with 2 tbsps. of the maple syrup until foamy.
4. Pour your nuts into the bowl and toss well to coat all the nuts.
5. Pour all but 2 tbsps. of the spice and sugar mixture into the bowl; stir to coat all the nuts well.
6. Pour the nuts onto a sheet pan. Be careful not to overcrowd the pan.
7. Bake for 15 minutes.
8. Remove the sheet pan and pour over the remaining 2 tbsps. of maple syrup and 2 tbsps. of the sugar and spice mixture. Toss the nuts well until they are well coated.
9. Place the sheet pan back in the oven for another 15-20 minutes.
10. Remove the pan and let cool in a warm/dry location. Once they cool, the nuts will become crunchy.



**MICHAEL MCMURTREY**  
Graphic Designer / Food Stylist  
[blueplatecreative.com](http://blueplatecreative.com)

## What the heck is aquafaba?

\*Aquafaba is the liquid in a can of garbanzo beans (*the stuff you usually pour down the sink*). That magical liquid is a great substitute for egg whites. Whether you're out of eggs or the people you're cooking for are allergic to eggs, the protein and starches in aquafaba can make egg-free meringues, cakes, mayonnaise, and more. And don't worry about your food tasting like beans, that flavor cooks away.

**CONVERSION:** 1 egg white = 2 tbsps. of aquafaba, 1 whole egg = 3 tbsps. of aquafaba





## Orange-Cranberry Pork Loin

SERVES: 4-6



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

- 1 (3 lb.) boneless pork loin
- 2 tbsp. olive oil, divided
- 1 tbsp. salt
- 1 tbsp. coarse ground pepper
- 1 cup orange juice
- ¼ cup apple cider vinegar
- 8 oz. orange marmalade
- 8 oz. whole cranberry sauce
- 2 oranges, sliced for garnish
- ¼ cup fresh or frozen cranberries, for garnish
- fresh mint, for garnish (optional)

1. Preheat oven or smoker to 375°F
2. Lightly coat pork loin with olive oil and liberally coat with salt and pepper.
3. Heat remaining olive oil in a large skillet on the stovetop. Sear all sides of pork loin, approximately 2 minutes per side, then place in a roasting pan.
4. While searing, mix ¾ cup orange juice, apple cider vinegar, orange marmalade, and cranberry sauce in a small mixing bowl. Pour sauce over pork loin and place into a preheated oven/smoker uncovered. Baste every 15-20 minutes with juices

from the pan until pork loin reaches an internal temperature of 145°F in the thickest part. Remove from the oven/smoker and set aside.

5. Place the sliced oranges on a small platter with the cranberries. Remove pork loin from pan, slice into ¼ - ½ inch slices and lay over oranges.
6. Add remaining orange juice to the juices in the roasting pan and mix thoroughly, then pour juices over sliced pork loin and serve with your favorite holiday sides.





**JULIA BROCAILE**  
Mom and wife with a  
passion for creativity

## Orange-Glazed Sweet Potatoes

SERVES: 6-8

- 5 cups sweet potatoes, peeled and thinly sliced (about 2 lbs)
- ½ cup orange juice
- ⅓ cup honey
- 6 tbsp. unsalted butter, melted
- 2 oranges, zested
- ½ tsp. sea salt
- 1 tbsp. Dijon mustard
- 2 tbsp. fresh ginger, grated
- 1 tbsp. fresh thyme
- ½ cup pecans, chopped
- ½ tsp. ground cinnamon
- 3 tbsp. brown sugar

1. Preheat oven to 350°F.
2. Line sweet potato slices in baking dish into neat rows.
3. In a separate bowl, combine orange juice, melted butter, honey, Dijon mustard, salt, ginger, thyme, and orange zest. Stir thoroughly and evenly pour over sweet potatoes.
4. Cover with foil and bake for 30 minutes.
5. While potatoes are baking, create topping mixture by combining brown sugar, cinnamon, and pecans in a small bowl.
6. After 30 minutes, remove foil and sprinkle topping mixture over top. Set oven to 375°F and bake uncovered for another 30 minutes. Broil for 1-2 minutes until sweet potatoes are golden brown.

**SPRINKLE EXTRA FRESH THYME AND ORANGE ZEST FOR AN EXTRA FLAVOR PUNCH!**



## Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

SERVES: 6

- 3 cups Brussels sprouts
- 5 tbsp. olive oil, divided
- 1½ butternut squash, peeled, seeded and cubed into 1 inch cubes (4 cups uncooked)
- 3 tbsp. maple syrup
- ½ tsp. ground cinnamon
- 2 cups pecan halves roasted
- 3 tbsp. melted butter
- 1 tsp. salt, divided
- 1 cup dried cranberries
- 2-4 tbsp. maple syrup (optional)

### FOR ROASTED BRUSSELS SPROUTS:

1. Preheat the oven to 400°F. Lightly grease a foil-lined baking sheet with 1 tbsp. of olive oil.
2. Trim the ends of the Brussels sprouts and slice each in half.
3. In a medium bowl, combine halved Brussels sprouts, 2 tbsp. olive oil, and ½ tsp. salt.
4. Toss to combine.
5. Place onto a foil-lined baking sheet, cut side down, and roast in the oven for about 25 minutes. During the last 10 minutes, turn them over for even browning.

### FOR ROASTED BUTTERNUT SQUASH:

1. Preheat the oven to 400°F. Lightly grease a foil-lined baking sheet with 1 tbsp. of olive oil.
2. In a medium bowl, combine cubed butternut squash, 1 tbsp. of olive oil, maple syrup, and cinnamon; toss to mix.
3. Place butternut squash in a single layer on the baking sheet. Bake for 25 minutes, turning once halfway through baking, until softened.

### TOASTED PECANS INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Mix nuts with 3 tbsp. butter and ½ tsp. salt
3. Toast for about 5 minutes, until they get dark in color.

NOTE: Pecans burn really fast, so make sure to check the nuts after 5 minutes.

### ASSEMBLY INSTRUCTIONS:

1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.
2. For more sweetness, add 2 tbsp. of maple syrup and toss before serving.



**THIS TASTY HOLIDAY  
SIDE DISH IS ALSO GLUTEN-FREE,  
VEGETARIAN, AND RICH IN FIBER!**

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





## Turkey and Mashed Potato Dressing Casserole

SERVES: 8

### Turkey and Sauce:

- 1 (10.5 oz) can Laura Lynn cream of chicken soup
- ½ cup Laura Lynn sour cream
- ½ cup Laura Lynn half & half
- 1 tbsp. Italian parsley, chopped
- 1 tsp. poultry seasoning
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 4 cups Ingles rotisserie turkey breast, diced
- 16 oz. bag Laura Lynn frozen mixed vegetables

### Mashed Potato Dressing:

- 2 cups water
- 10 tbsp. Laura Lynn unsalted butter, divided
- 2 cups Laura Lynn instant home-style mashed potato flakes
- ¾ cups Laura Lynn milk
- 3 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 4 slices day old bread, cubed
- 2 eggs, large, whisked
- ⅛ cup Italian parsley, chopped, plus additional for garnish
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ½ tsp. poultry seasoning

1. Preheat oven to 375°F. Spray a deep 9x13 casserole dish with non-stick spray.
2. In a large mixing bowl, combine soup, sour cream, half & half, parsley and seasonings and stir to combine. Add turkey and frozen vegetables, stir to incorporate thoroughly, then transfer mixture to prepared casserole dish.
3. Make mashed potatoes according to package directions, using 2 cups water, 3 tbsp. butter, mashed potato flakes, and milk.
4. Sauté celery and onion in 6 tbsp. butter until softened, but not browned (about 5 minutes). Stir in bread cubes, then add to large mixing bowl with mashed potatoes. Stir in eggs and parsley, salt, pepper and poultry seasoning.
5. Spoon over turkey mixture, smooth top, and dot with 1 tbsp. butter.
6. Bake 45 minutes or until sauce is bubbling, and top is lightly browned. Garnish with chopped parsley.



UNICOI PRESERVES  
Suzy & Clark Neal



# 7 SECRETS TO BETTER MASHED POTATOES

1. Use the correct potatoes: A starchy potato like a Russet (Idaho) are perfect to make a smooth and light mashed potato because they are so light and airy and ready to absorb the butter and sour cream you're going to add. Yukon golds have a little less starch but have a terrific buttery flavor. Try combining the two, you won't be sorry.
2. After boiling then draining your fully-cooked potatoes, put them back into the empty pot to let all the moisture evaporate. You could also roast the potatoes whole with the skins on, then remove the skins before mashing. Doing either of these will help you avoid a soupy mashed potato.
3. Don't let your potatoes get cool before mashing.
4. A standard potato masher is a great tool. You could also invest in a ricer, which looks like an overgrown garlic press. You press the potato through the holes in one squeeze, avoiding the chance of overworking your potatoes which will make them gummy. A food processor or stand mixer will most surely overwork your potatoes.
5. Starchy and fatty foods, like mashed potatoes, probably need more salt than you think. Don't just salt your potatoes at the end. Make sure you taste your mash after each addition to make sure there's enough.
6. Add your butter (fat) to the potatoes before you add any liquid. This way the texture of the potato will stay firm before being softened by the cream.
7. Add your liquid in small amounts so that you don't add too much. Once it's in there, you can't remove it.





**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

## Mini Pumpkin Bundt Cakes

SERVES: 4-5

- |   |                                     |
|---|-------------------------------------|
| 1 box devil's food cake mix or spice cake mix | 1 can vanilla frosting              |
| 1 non-stick mini bundt cake pan (12 count)    | 1 pkg. pretzels                     |
| 3 large eggs                                  | 1 pkg. vanilla wafers               |
| ½ cup vegetable oil                           | 1 tube orange food coloring         |
| 1 cup buttermilk                              | ⅓ cup corn syrup                    |
| 1 can chocolate frosting                      | 1 pkg. assorted colors of sprinkles |
1. Heat oven to 350°F.
  2. Prepare cake mix according to package directions with the eggs and oil, but using buttermilk in place of water.
  3. Spoon batter into cake pan, filling halfway full.
  4. Bake for 15-20 minutes.
  5. Remove cupcakes from the pan and place on a cooling rack. Once cupcakes are completely cooled off, use a serrated knife and trim the bottoms of each cake to remove any doming that may have occurred during baking, thus creating a flat surface.
  6. Next, place a small dollop of icing onto the cut side of the cake, and then sandwich a second cake on top, lining up the pumpkin patterns so the top and bottom pieces match. Cut the vanilla wafer cookies into ½ inch pieces to create the "stem." You can also use pretzels as the "stem."
  7. Decorate pumpkins as desired. Allow icing to set, then transfer finished mini pumpkins to a platter for serving.

**GET CREATIVE AND ADD WHATEVER TOPPINGS, COLORS, AND DECORATIONS YOU WANT.**



## Holiday Charcuterie Wreath

SERVES: 4-6

- 1 large English cucumber, sliced
- 2 pints cherry tomatoes
- 1 (10 oz.) package sliced hard pepperoni
- 1 (10 oz.) package sliced hard salami
- 3 (8 oz.) packages mozzarella pearls
- 1 cup fresh basil
- 2 cups spinach
- 1 cup fresh rosemary sprigs
- 2 cups green olives from Ingles Salad Bar
- 2 packages kabob skewers (small and medium sizes)
- 2 tbsp. Laura Lynn olive oil
- 2 tsp. Greek seasoning

- 1. Individually place tomatoes, olives, and cucumbers on skewer along with meats and cheeses in no particular order.
- 2. Arrange fresh basil and spinach in the shape of a circle on a charcuterie board or round dish.
- 3. Lay charcuterie skewers around the bed of basil and spinach.
- 4. Fill gaps with rosemary sprigs.
- 5. Drizzle 2 tbsp. of Laura Lynn olive oil.
- 6. Season skewers with Greek seasoning.



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





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

## Holiday Salmon

SERVES: 2

### CREAMY DILL SAUCE:

- ½ cup full fat sour cream
- 3 tbsp. dill, chopped
- 3 tbsp. onion, minced
- 1 tsp. lemon zest
- ½ tsp. salt

### TAPENADE:

- ⅓ cup dried cranberries
- ⅓ cup orange juice
- ⅓ cup sliced, toasted almonds
- 1 tbsp. parsley, chopped
- 1 tsp. olive oil
- ⅓ cup pomegranate seeds, for finishing
- ¼ cup parsley, chopped for garnish
- 1 lemon, cut into wedges for garnish
- salt and pepper, to taste

### SALMON:

- 2 (6 - 8 oz.) salmon fillets
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. olive oil

### HONEY BUTTER GLAZE:

- 3 tbsp. honey
- 4 tbsp. unsalted butter
- 1 tsp. garlic, minced

1. Preheat oven or smoker to 350°F.
2. Mix all ingredients for creamy dill sauce in a small bowl and place in the refrigerator.
3. In a small saucepan, heat orange juice, just to a boil, and cut heat. Add dried cranberries, cover for 15 minutes, strain and let cool. Mix together cranberries, almonds, olive oil, salt and pepper, and parsley. Let stand at room temperature.
4. Prepare salmon for cooking by coating with olive oil, salt and pepper.
5. Heat a small amount of olive oil in a large skillet. Sear both sides of salmon, then transfer to a foil-lined baking pan.
6. While salmon rests, mix butter, honey, and garlic in a small, microwave-safe bowl and melt together in the microwave.
7. Brush honey butter liberally over salmon fillets; place into the oven until they reach a 145°F internal temperature.
8. Remove glazed salmon. Plate and top with a ½ inch thick layer of creamy dill sauce. Top with tapenade and sprinkle pomegranate seeds and chopped parsley on top. Enjoy with fresh lemon wedges.



**HEAD TO INGLES-MARKETS.COM TO GET AN EASY  
RECIPE FOR SCOTT'S HOMEMADE GRENADINE**



**SCOTT CULPEPPER**

Proud Marine with a passion for  
aviation and Southwestern cooking

### **Cranberry Orange Shrub**

**1½ cup fresh cranberries**

**2/3 cup orange slices, segmented or sliced**

**1½ cup apple cider vinegar**

**2/3 cup granulated sugar**

**1 cinnamon stick**

**2 sprigs fresh rosemary**

1. Combine all ingredients in a medium sized saucepan.
2. Bring contents to a slow boil over medium-high heat, then reduce mixture to a simmer and cook for about 20 minutes.
3. Stir mixture periodically and gently muddle ingredients as it simmers to break down the cranberries and oranges.
4. Allow the mixture to cool and remove the rosemary stems and cinnamon stick.
5. Use a fine mesh strainer to strain mixture into a large glass jar. Use a large spoon to push the mixture through the strainer.
6. Use the separated cranberries and orange remnants as a garnish for your beverages.
7. Store the shrub in an airtight container or jar and keep for 3-4 weeks.



**LOW** PRICES...  
**LOVE** THE SAVINGS!™



Cheese from around the world. Hand selected for you!  
Found in our Deli Specialty Cheese Section.

**ingles**

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