

Free

ingles table

All-new exciting recipes for Spring

ingles-markets.com

Spring flowers and warmer weather are on the horizon. That means you'll be seeking out meals that are filled with healthy, fresh, and vibrant ingredients. Our Ingles Table family has come up with an exciting selection of recipes to reflect the season in the tastiest ways. The chefs, while making the dishes delicious, strive to also make them user-friendly and budget-conscious.

But who wants to always prepare a meal from scratch after having to deal with all the challenges of day-to-day life? We suggest you take a look at what the Ingles Deli has cooking up. You're going to find an incredible assortment of in-store prepared, ready-to-eat, mouth-watering dishes that you and your family are going to love.

By the way, have you ever checked out the hundreds of local and imported cheeses in the Ingles Cheese Shoppe? It's always fun to try something new to put a twist on a family favorite. And don't forget to head over to the Ingles Bakery. Fresh In-store baked breads galore and tantalizing desserts a plenty are the perfect compliment to any meal.

The Ingles Table is more than this magazine? Visit ingles-markets.com to find more incredible recipes with instructional videos, printable shopping lists, tips and tricks, and more.

From all of us to you... Happy Spring!

-Cindy

Cindy Mixon
Vice President Deli/Bakery/Starbucks, Ingles Markets

Chef Scott Culpepper combines Brussels Sprouts, Manchego cheese, dried cherries, almonds, pancetta, and Green Goddess dressing to make this tasty Springtime salad. Get the recipe exclusively at ingles-markets.com





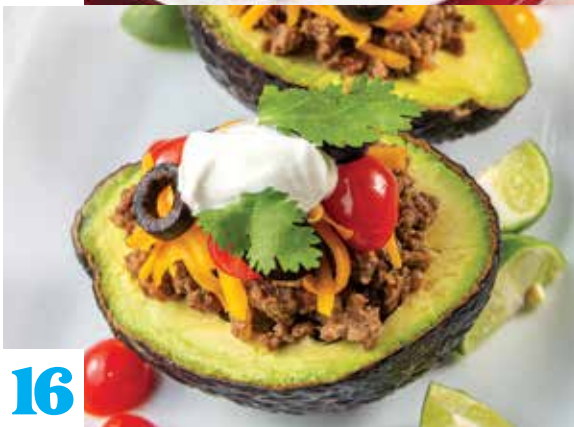
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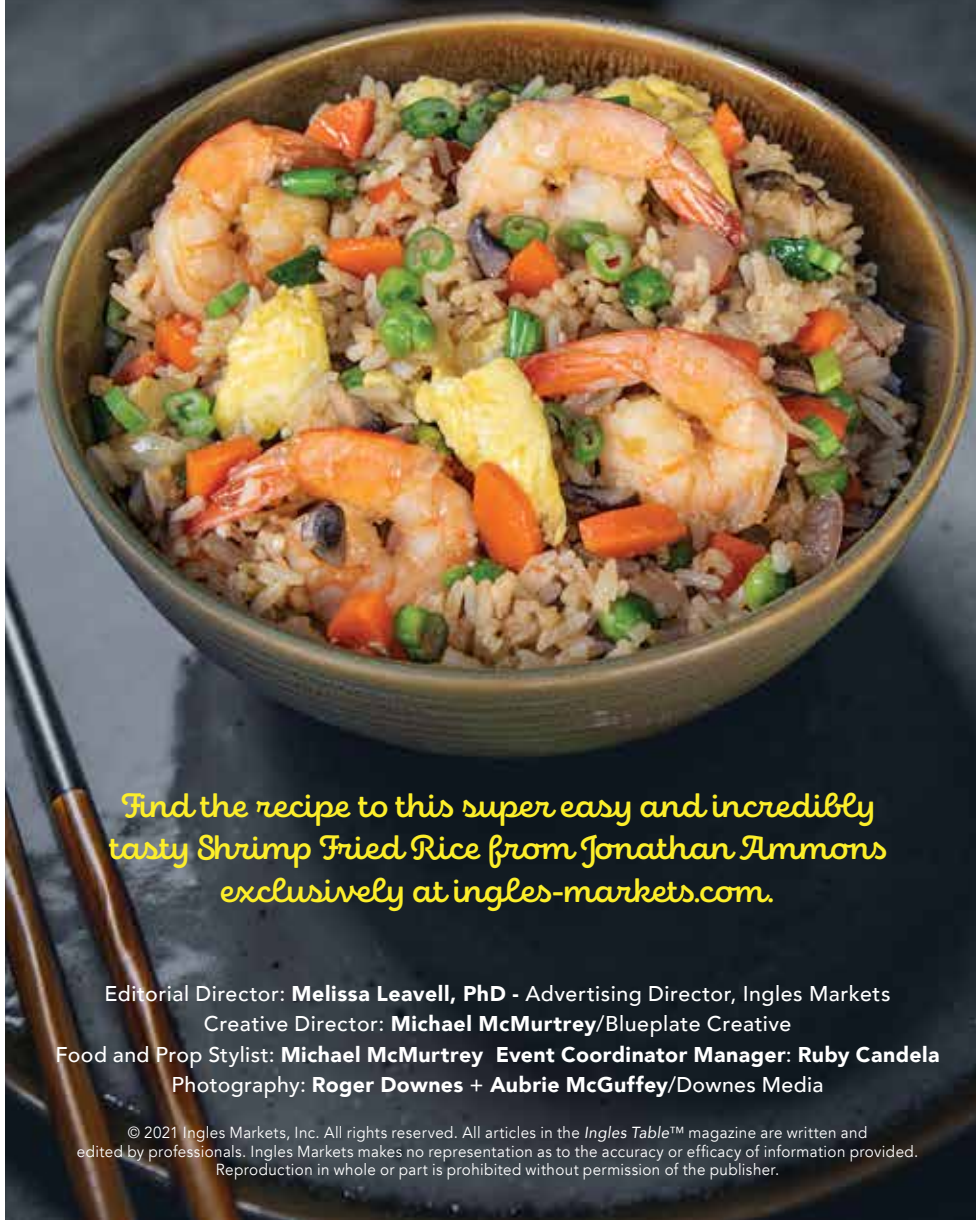


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Find the recipe to this super easy and incredibly tasty Shrimp Fried Rice from Jonathan Ammons exclusively at ingles-markets.com.

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Springtime Fresh



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

Citrus and Salmon Salad with Poppy Seed Dressing

SERVES: 4-6

- 1 lb. salmon fillet
- ½ cup buttermilk
- 2 tbsp. extra virgin olive oil
- 1½ tbsp. poppy seeds
- 2 medium navel oranges, peeled and sliced ½ inch thick
- 1 medium grapefruit, peeled with sections cut into thirds
- 1 avocado, sliced into wedges
- 1 tbsp. chives, chopped for garnishing
- ½ tsp. salt
- ½ tsp. pepper

1. Preheat oven to 375°F. Lay the salmon fillet skin side down on a rimmed baking sheet; season with salt and pepper. Bake for about 20 minutes, until just cooked through. Let cool, then flake into large chunks, discarding the skin.
2. Meanwhile, in a small bowl, whisk buttermilk, olive oil, and poppy seeds. Season dressing with salt and pepper.
3. Arrange salmon, oranges, grapefruit, and avocado on a platter or plates. Drizzle some of the dressing on top. Garnish with chives and serve.

This light and healthy salad pairs well with a crisp Sauvignon Blanc.



MICHAEL MCMURTREY
Graphic Designer / Food Stylist
blueplatecreative.com

Sweet and Crunchy Broccoli Salad

SERVES: 4-6

- 1 lb. broccoli, cut into bite-sized pieces
- 1/2 cup vegan mayonnaise (regular mayo is fine too)
- 2 tbsp. maple syrup
- 1 tbsp. Dijon mustard
- 2 tbsp. apple cider vinegar
- 1 tsp. onion powder
- 1 tsp. garlic powder
- salt, for boiling water and seasoning
- 1/2 tsp. black pepper
- 5 oz. dried cherries
- 1/2 cup sunflower seeds

1. Bring a large pot of water to a boil. Once boiling, add a generous amount of salt (like you were preparing pasta).
2. While water is boiling, prepare a large mixing bowl with ice cold water.
3. Add broccoli to boiling water and cook for 2 minutes. Remove broccoli into the bowl of ice water (This is called 'shocking').
4. Once broccoli has cooled, remove from ice water and let drain on paper towels.
5. In a large mixing bowl, whisk together mayonnaise, maple syrup, mustard, vinegar, garlic powder, onion powder, pepper, and salt (to taste).
6. Add cooled and dried broccoli to the bowl of dressing. Toss together with sunflower seeds and cherries.
7. Serve at room temp or chilled.



Vegan mayonnaise can safely be left at room temperature for 24 hours, making it perfect for picnic dishes.

This dressing is great for other vegetable-based salads as well.



CHEF STEVE WORONOFF
Bed & Breakfast "Relief Innkeeper"

Strawberry, Blueberry, and Granola Parfait

SERVES: 6-8

- 1 (32 oz.) container Greek strawberry yogurt
- 1 (8 oz.) brick cream cheese, room temperature
- 2 tbsp. whipping cream
- ¼ cup honey
- 2 tbsp. strawberry jam
- 2 cups Steve's Homemade Granola
- 1 container fresh strawberries, sliced
- 1 container fresh blueberries

MAKING THE MOUSSE:

1. In a mixing bowl, using a hand or stand mixer with the whisk attachment, beat yogurt and cream cheese on low speed until smooth. Then, add whipping cream and honey, continuing to whisk on low speed until fully incorporated. Next, gradually increase the mixer speed to medium-high until light and fluffy. Be sure not to over beat the mousse or you'll have a mess.

BUILDING THE PARFAIT:

1. Spoon about a ¼ cup of granola into the bottom of a parfait glass, or wide mouth glass, followed by a ¼ cup of mousse and a layer of the sliced strawberries and blueberries. Repeat with as many layers as will fit your glass, ending with mousse topped with a sprinkle of strawberries, blueberries and granola.

Get Steve's Homemade Granola recipe exclusively at ingles-markets.com or check out the fantastic selection of granolas in the Ingles Bulk Bins.



DEBORAH ADAMS

French Food Made Easy
Trained in France then Adapted
for the Busy American Family

Watermelon Tomato Caprese Salad with Mint Pesto

AS A MEAL, SERVES: 4-5

AS AN APPETIZER, SERVES: 8-9

MINT PESTO:

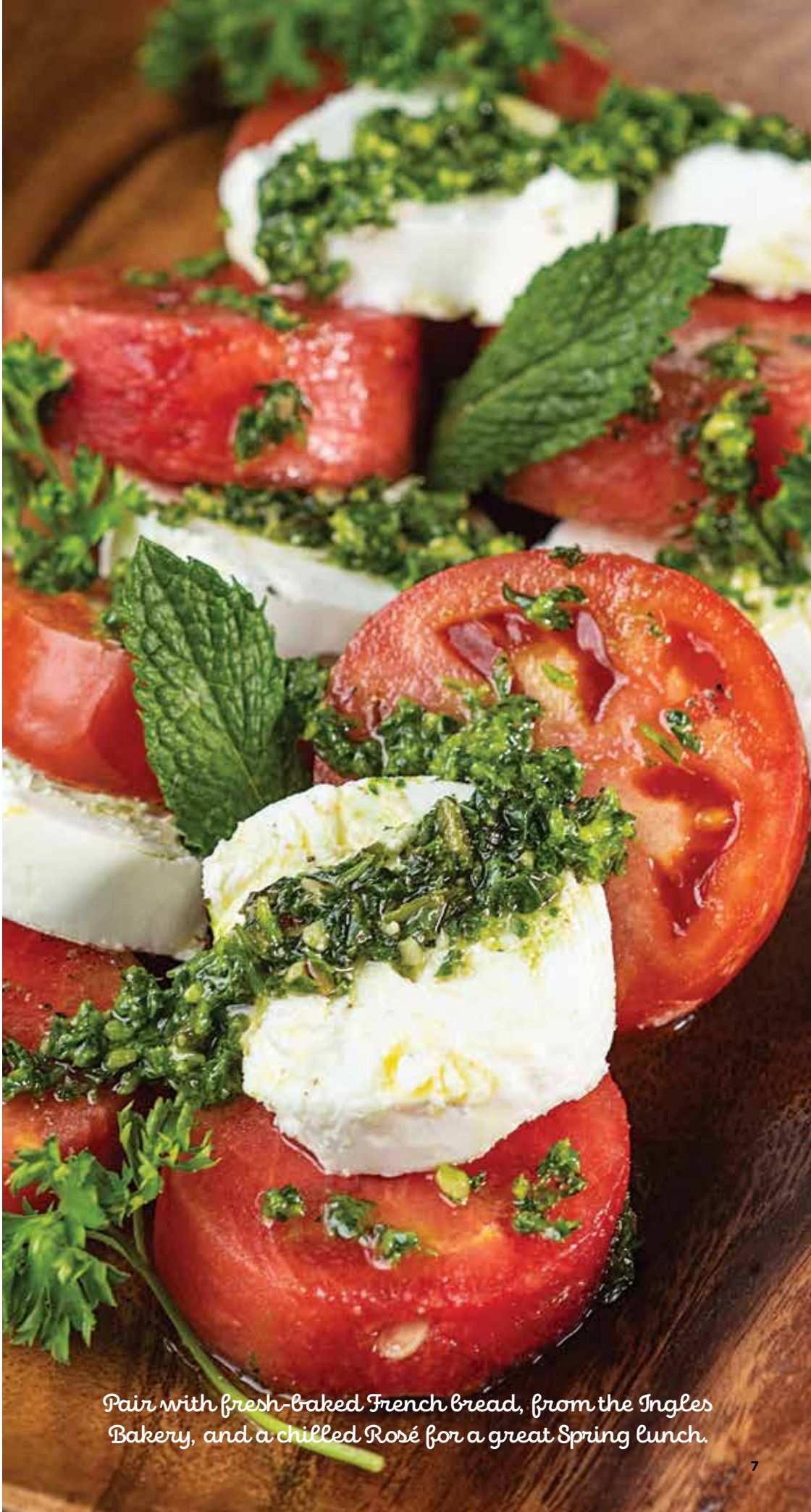
- $\frac{1}{3}$ cup sliced toasted almonds
- 2 cups packed mint leaves, stems removed
- 1 cup packed parsley, stems removed
- $\frac{1}{3}$ cup olive oil
(plus $\frac{1}{4}$ cup water if too thick)
- 2 tsp. lemon juice
- $\frac{1}{4}$ tsp. salt
- pinch black pepper

1. Put almonds in food processor and pulse a few times, then add mint, parsley, and lemon juice; mix until smooth.
2. Add olive oil to food processor, a little at a time, until incorporated. Add $\frac{1}{4}$ cup water if too thick to drizzle.
3. Taste for seasoning; add salt or pepper if needed.

TOMATO WATERMELON CHEESE SALAD:

- 3 Roma tomatoes, cut into 9 slices
- 1 1 inch thick center round slice of seedless watermelon, cut into small circles with biscuit cutter (the size of tomatoes and cheese circles)
- 1 8 oz. log chèvre (goat) cheese, cut into 9 rounds
- handful of fresh mint leaves, for garnish
- sea salt and cracked pepper, to taste

1. Place watermelon, tomatoes, and cheese on a serving platter, alternating as shown in the picture.
2. Sprinkle with salt and pepper.
3. Drizzle down the center of each row with mint pesto.



Pair with fresh-baked French bread, from the Ingles Bakery, and a chilled Rosé for a great Spring lunch.

Need a quick appetizer? Pair this Tahini-Dill dressing with some fresh pre-cut veggies from the Ingles Produce Dept.



JASMIN QUEEN
Winner, "My Diet's Better Than Yours"

Falafel Bowl

SERVES: 2

FALAFEL:

- 1 (15 oz.) can chickpeas, drained and rinsed (1½ cups)
- ¼ cup red onion, finely chopped
- 3 tbsp. lemon juice
- 2 tbsp. ground flaxseed
- ¼ tsp. salt
- 1 pinch cayenne pepper, or to taste
- 2 tbsp. flat-leaf parsley, chopped
- 2 tbsp. mint, chopped
- 1½ tbsp. extra virgin olive oil, or avocado oil (if frying the falafel)

TAHINI-DILL DRESSING:

- 2 tbsp. tahini (sesame seed paste)
- 3 tbsp. water
- ¼ tsp. dried dill
- ¼ tsp. sea salt (if desired)

SALAD:

- 5 cups romaine lettuce, chopped
- 2 tbsp. flat-leaf parsley, chopped
- 2 tbsp. mint, chopped
- ½ cup grape tomatoes, sliced
- ½ cup black olives, sliced
- ¼ cup red onion, diced
- ½ cup carrots, chopped (optional)
- ½ cup mushrooms (optional)

1. In a food processor or blender, combine half the chickpeas, onion, lemon juice, flaxseed, salt, and cayenne; pulse until mostly smooth. Add remaining chickpeas, parsley, and mint. Pulse again just until slightly chunky. Form

chickpea mixture into 6 patties; place in the freezer for about 10 minutes to firm them up.

2. In a 12-inch skillet, heat oil over medium heat. Add patties and cook for about 4 minutes on each side, until golden. You can also use an air fryer. Cook at 400°F for 10-15 minutes.
3. In a small bowl, stir together tahini, water, dill, and salt until well combined.
4. In a large bowl, toss together lettuce, parsley, mint, olives, tomatoes, red onion and any optional ingredients.
5. Divide salad between two plates and top each with 3 falafel patties; drizzle on some dressing.

KOM- BU- CHA CHA CHA!



UNICOI PRESERVES
Suzy & Clark Neal

Watermelon Cherry Lime Kombucha Cooler

SERVES: 1

- 4 Laura Lynn dark sweet cherries, frozen
- 2 key limes, sliced
- ½ cup watermelon juice
- ½ - ¾ cups Harvest Farms Organic Watermelon Cherry Lime Living Kombucha
- 1 watermelon slice

1. Fill glass half full with ice cubes.
2. Add frozen cherries and 2 slices of key lime.
3. Pour in watermelon juice to fill about half the glass.
3. Top with kombucha, then stir.
4. Garnish with a slice of watermelon and key lime.

Ice cubes made from fruit juice prevent your drink from getting watered down. Adults: Turn these into cocktails with a splash of vodka or gin.

Pineapple Kombucha Mimosa

SERVES: 1

- ½ cup Laura Lynn orange juice
- ½ cup pineapple juice
- ½ - ¾ cups Harvest Farms Organic Pineapple Passion Fruit Living Kombucha
- 1 pineapple slice
- 1 Laura Lynn maraschino cherry

1. Fill glass half full with ice cubes.
2. Pour in orange juice to fill about half the glass.
3. Add pineapple juice, then stir.
4. Top with kombucha, stir, garnish with pineapple and a cherry.

SWEET SMOKY SALTY



JOE LASHER, SR
Co-Owner and Founder
M7 Event Solutions and Catering

Glazed Easter Ham

SERVES 8-10:

- 1 whole fully cooked bone-in ham
- 2 tbsp. whole cloves
- 3 cups brown sugar
- 1/2 cup spicy brown mustard
- 12 oz. Laura Lynn Dr. Lynn Soda
- 3 tbsp. apple cider vinegar

1. Preheat the oven to 325°F.
2. Score the surface of the ham in a diamond pattern about 1/8-inch deep. Place cloves in the middle of each diamond. Place the ham in a large roasting pan with a rack, tent it with foil, and bake for 2 to 2½ hours—or longer, depending on the package directions. (Some hams may require 3 to 3½ hours at a lower temp; just check the package.)
3. Heat brown sugar, mustard, vinegar, and soda in a small saucepan until bubbly. Cook until reduced and a bit thicker, about 15 minutes.
4. After about 2 hours of baking time, remove the foil and brush the glaze on the ham in 20 minute intervals (put the ham back in the oven, uncovered, in between) until it's nice and glossy. Remove from the oven and allow to rest 15-20 minutes before carving.

Nothing says Easter Dinner in the Lasher household like this amazing Glazed Ham. A perfect accompaniment to all of your favorite holiday sides. Enjoy!

A decadent dish you can make
at home or over a campfire.

OMG



KAITLYN BAKER
Nashville Recording Artist/Songwriter

Jalapeño Popper Hasselback Potatoes

SERVES: 6

- 5-7 medium baking potatoes
- 2 tbsp. olive oil
- ½ ground black pepper
- 1 tbsp. kosher salt
- ½ cup cream cheese
- ¾ cup cream
- 4-5 jalapeños, *finely diced (seeded)*
- 8 oz. sharp cheddar, *sliced*
- ½ cup sharp cheddar, *grated*
- ½ cup mozzarella, *grated*
- 12 strips of crispy bacon, *cut into thirds*

1. Pre-heat oven to 350°F.
2. Cut parallel lines down the length of your potatoes. **Do not cut all the way through the potatoes.**
3. Lay your potatoes in a greased cast iron skillet and brush them with oil. Sprinkle with salt and pepper. Bake for 1 hour. You want to make sure your potatoes have fanned out.
4. In a bowl, mix together cream

cheese, cream, jalapeños, grated cheese, salt, and pepper.

5. Fill each pocket of the potato while alternating a slice of bacon and a slice of cheddar cheese. Top potatoes with the cheese mixture.
6. Cover your potatoes with foil and put them in the oven for 20 minutes. Uncover potatoes and place back in the oven for an additional 5 minutes.



BRUCE BROWN

Chef/Owner, Bruce's Fabulous Foods
Star of ABC's "Carolina Kitchen"

Shrimp Pad Thai

SERVES: 4

- 8 oz. dried rice noodles
- 3 tbsp. soy sauce (or sub 3 tbsp. fish sauce)
- ¼ cup lime juice
- 2 tbsp. chili sauce (*sriracha* preferred)
- 1 tbsp. brown sugar
- ½ tsp. vegetable oil
- 2 eggs, *lightly beaten*
- 1½ tsp. vegetable oil
- 16 oz. fresh shrimp, *peeled and deveined*
- 1 tbsp. vegetable oil
- 12 oz. tofu, ½ inch dice
- 1 cup carrots, *julienne*
- 1 cup scallions, *diced (whites only)*
- ½ cup red bell pepper, *seeded & julienned*
- 1 tbsp. garlic, *minced*
- ½ cup jalapeño or poblano peppers, *(use red or green bell pepper for less heat) seeded and julienned*
- 1 cup bean sprouts
- ½ cup roasted peanuts, *chopped*
- 1 cup scallions, *green only – thinly sliced*
- 2 tbsp. fresh cilantro leaves, *minced*

1. In a bowl, rehydrate rice noodles in warm water, ten minutes. Drain and set aside.
2. In another mixing bowl, whisk together the soy sauce, lime juice, chili sauce and brown sugar. Set aside.
3. Heat a skillet over med-high heat until hot. Add ½ tsp. vegetable oil and swirl to coat the pan. Add beaten eggs and cook, spread out. Remove from skillet to a cutting board. Once cooled, roll up the eggs and thinly slice into ribbons. Set aside.
4. Add 1½ tsp. vegetable oil to a wok over med-high heat. Add the shrimp and cook until pink, removing to a bowl when done.
5. Add 1 tbsp. vegetable oil to the wok. Brown the tofu cubes in the oil, about three minutes, constantly stirring and flipping. Add the garlic, carrots, bell peppers, scallion whites and stir fry until softened, another three minutes.
6. Add the noodles and half of the sauce, stirring to combine. Simmer for one minute.
7. Add the egg ribbons and shrimp, lightly tossing to combine. Warm all ingredients thoroughly before laying on a serving platter.
8. Drizzle the remaining sauce over the dish, garnishing with the julienne peppers, bean sprouts, chopped peanuts, green scallions and fresh cilantro leaves. Serve immediately.

Who needs take-out
when you can make it faster,
better, and

cheaper... at home!

ingles the chef's kitchen



JASMIN QUEEN
Winner, "My Diet's Better Than Yours"

Fresh Fruit Puff Pastry Flowers

MAKES: 9 FLOWERS

- 1 sheet puff pastry
- 1 egg
- 1 tbsp. water
- 9 raspberries or other seasonal fresh fruit
- 3 tbsp. fruit jam, *same flavor as the fresh fruit*
- 3 tbsp. cream cheese, *softened*
- powdered sugar, *to taste*
- mint, *for garnish*

1. Preheat the oven to 400°F
2. Cut a puff pastry sheet into 9 equal squares.
3. Make a slice from the middle of each edge

towards the center of the square, making sure your cuts do not connect, leaving about 1" uncut in the center.

4. Place ½ tsp. of softened cream cheese in the center of each square.
5. Grab each corner of the square and fold over to the center, using the cream cheese as glue.
6. Combine one egg with one tbsp. of water to make an egg wash. Brush each side of the fold with egg wash.
7. Lightly place a finger on the center and pinch the tip of each corner together to create the four petals of your pastry flower.
8. Place ½ tsp. of fruit jam in the center of the petal shape and then a raspberry on top.
9. Repeat with the remaining pastry squares.
12. Bake on a baking sheet for 15–20 minutes, until the pastry is golden brown and puffed.
13. Serve with a sprinkle of powdered sugar and garnish with a sprig of mint.

Switch out the cream cheese for Hazelnut spread for a different treat.



ANGELA RAMSEY
Host of "The Ingles I Know"

Carrot Cake Pancakes

MAKES: 6 PANCAKES

- 1 cup gluten-free all purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. ginger

- 1 tbsp. ground flaxseed meal
- 2½ tbsp. water
- ⅔ cup flax milk (or other dairy-free milk)
- 1 tsp. apple cider vinegar
- 1 tbsp. vanilla extract
- 1 tbsp. coconut oil, melted
- 1 cup raisins
- ½ cup carrots, peeled/finely shredded
- ½ cup walnuts, chopped

1. In a small saucepan heat water to boiling, cool slightly. Add 2½ tbsp. water to 1 tbsp. ground flaxseed meal to make a "flax egg". Let set in refrigerator 15 minutes to thicken.
2. In a separate bowl, combine the flax milk and apple cider vinegar to make a vegan "buttermilk". Set aside.
3. Whisk together dry ingredients (flour,

- baking powder, baking soda, salt, and spices) in a large mixing bowl.
4. Combine 1 tbsp. melted coconut oil, vanilla, and the "flax egg". Stir vigorously, so as not to let the coconut oil harden.
5. Incorporate wet ingredients into dry ingredients and stir until no lumps remain.
6. Add raisins, walnuts and carrots.
7. Prepare a skillet coated with coconut oil on medium-heat. Use a ¼ cup measurement to transfer batter. Flip when bubbles begin to form. Cook for another minute or so.
8. Then continue with ¼ cup measures until all remaining batter is gone.
9. Top with chopped walnuts, vegan butter, raisins, and maple syrup.



This recipe is gluten free, vegan, and soy free.
The longer you let your flax egg mixture "sit", the fluffier the pancakes!

Leah's TIPS

QUESTION:

What are some snack ideas for someone with diabetes?

ANSWER:

Often when someone has diabetes and is counting or controlling carbohydrates it is helpful to have some ideas about snacks that have minimal carbohydrates and that are balanced with protein and some fats.

1. Dips with fruits and vegetables

Vegetables like celery, grape/cherry tomatoes, carrots, jicama, snow peas or snap peas, radishes, stems of broccoli cut into "coins". Fruits like apple slices, pear slices, strawberries/blueberries. If you're short on time get fresh fruits and vegetables that are precut in your Ingles deli salad bar or Produce.

-Hummus - With so many different flavors of hummus in the Ingles Deli there's something to appeal to everyone.

-Cottage cheese or ricotta cheese (mix with seasoning blends or small amount of no sugar added jam or apple butter)

-Plain Greek yogurt mixed with seasoning blends or dry dressing mixes (like ranch) or no sugar added jam.

-Natural nut butters (peanut, almond etc) with no added sugar plain or mixed with small amount of no sugar added jam.

2. Cheese and whole wheat/grain crackers

3. Small serving or container of Greek yogurt- check the amount of carbohydrates and added sugar!



Leah McGrath, RD, LDN
Corporate Dietitian Ingles Markets
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CHEF ABBY J

Founder of Abby J's Gourmet / Proprietor Blackhawk Flyfishing

Taco Stuffed Avocados

SERVES: 4-8

- 4 avocados, ripe
- 1 lime, juiced
- 1 tbsp. extra virgin olive oil
- 1 medium onion, *chopped*
- 1 lb. ground beef
- 2 tsp. cumin
- ½ cup jalapenos, *chopped*
- 2 tsp. salt
- 2 tsp. pepper
- ¾ cup Abby J's Roasted Garlic Salsa
- ½ cup sharp cheddar cheese, *shredded*
- ½ cup lettuce, *shredded*
- ½ cup cherry tomatoes, *sliced*
- ½ cup black olives, *sliced*
- 1 dollop of sour cream on each avocado
- cilantro, for garnishing*

1. Halve and pit avocados. Using a spoon, scoop out a bit of avocado to create a larger well. Set avocado aside to use later.
2. Squeeze lime juice over halved avocados.
3. In a medium skillet over medium heat, heat oil. Add onions, jalapeños and cook about 6 minutes until tender.
4. Add ground beef and cumin. Season with salt and pepper, breaking up the meat with a wooden spoon. Cook until the beef is no longer pink, about 6 minutes. Remove from heat and drain fat.
5. Add Abby J's Roasted Garlic Salsa and mix well. Fill each avocado with beef mixture, then top with cheese, lettuce, tomatoes and olives. Garnish with cilantro and a dollop of sour cream.



A low-carb "taco" loaded with a powerhouse of flavor. Perfect for lunch or a light dinner!

Creating this “fast food” recipe at home allows you to control the quality and quantity of the ingredients.



JASMIN QUEEN
Winner, “My Diet’s Better Than Yours”

Crunchy Wrap

SERVES: 4

INGREDIENTS:

- 1 lb. ground beef
- 8 tostada shells
- 4 12 inch burrito-size tortillas
- taco seasoning (see recipe below)
- Mexican cheese, shredded
- tomatoes, diced (pre-cut at Ingles)
- refried beans
- onion, diced (pre-cut at Ingles)
- salsa or taco sauce
- sour cream
- guacamole (made in-store at Ingles)
- pico de galo (made in-store at Ingles)

1. On med-high heat, cook beef until it’s browned all the way through. Add taco seasoning.
2. Lay a large tortilla on a flat surface. Place a small amount of refried beans in the middle of the tortilla, using it as a glue and then place a tostada on top of the tortilla.
3. Layer beef, guacamole, cheese, tomatoes, and onions. Place a second tostada on top of this to act as a lid and top with more refried beans. Fold the edges of the tortilla up and over the center. Continue to work your way around the tortilla, folding as tight as possible.
4. Cook in a panini press or brown in a hot skillet. Cook for a few minutes on each side until the exterior is firm, crunchy, and golden brown. Cut, plate, and top with sour cream and salsa, if desired.

TACO SEASONING:

Combine 2 tbsp. each of chili powder and ground cumin, 2 tsp. each of onion powder, garlic salt, and celery salt, and ½ tsp. each of cayenne pepper and ground black pepper.



UNICOI PRESERVES
Suzy & Clark Neal

Air Fryer Blackened Fish Tacos

SERVES: 4

- 1 lb. bag mahi-mahi fillets, *defrosted*
- 3 tbsp. Laura Lynn unsalted butter, *melted*
- 8 flour tortillas, *street taco size*
- 2 key limes, *quartered*
- blackening seasoning
- sriracha mayonnaise
- Laura Lynn canola oil cooking spray

1. Pat fish dry with paper towels, then cut fish fillets in half lengthwise.
2. Brush both sides of fish with butter, then sprinkle all sides of the fish liberally with blackening seasoning, gently press into the fish.
3. Spray air fryer basket with cooking spray. Place fish in air fryer, do not overlap or crowd basket.
4. Air fry at 400°F for 5-6 minutes. Fish

- is done when internal temperature reaches 140°F. Remove fish from air fryer with spatula or tongs.
5. Warm tortillas, covered with a damp paper towel, in microwave 15-20 seconds.
 6. To assemble tacos, top each tortilla with 1 piece of fish, slaw (recipe above), a drizzle of sriracha mayonnaise, and a squeeze of key lime.

No air fryer? No problem! Spray an aluminum foil lined baking sheet with cooking spray and bake fish in a preheated 400°F oven for 8-10 minutes.

Cabbage and Apple Slaw

- ½ cup Laura Lynn mayonnaise
- 4 tbsp. Unicoi Preserves Apple Cider Pepper Spread
- ½ tsp. Kosher salt
- 1 apple, *diced*
- ¼ cup cilantro, *roughly chopped*
- 2 tbsp. jalapeño, *diced*
- 1 (14 oz.) bag tri-color deli coleslaw mix

1. Make the dressing by whisking together mayonnaise, Apple Cider Pepper Spread, and salt in a small bowl.
2. In a large mixing bowl, combine apple, cilantro, jalapeño and coleslaw mix. Pour the dressing over the veggies and stir to combine.

This gluten free, vegan, and soy free dish is super easy because I just put out all the prepared ingredients and everyone makes their own.



ANGELA RAMSEY
Host of "The Ingles I Know"

Mahi-Mahi Fish Bowl

SERVES: 4

- 4 mahi-mahi frozen fillets
- 2 tbsp. olive oil
- 1 cup dry quinoa
- 2 cups water (or broth)
- 1 (15 oz.) can of black beans
- 1 cup lettuce, *chopped*
- 1 cup red cabbage, *chopped*
- 1 bunch cilantro, *chopped (to taste)*
- 2 ripe avocados, *sliced*
- 1 cup baby tomatoes, *whole or sliced*
- 1 lime, *quartered*
- tortilla chips
- pink salt, *to taste*

1. Thaw frozen fish fillets (out of the original packaging) overnight in refrigerator or under cool water.
2. Add olive oil to coat a skillet on low-medium heat. Sauté fish on both sides until flaky and golden brown.
3. To make your quinoa, place 1 cup dry quinoa and 2 cups water, or broth, in a pot. Bring to a boil, stirring occasionally, and then reduce the heat to a simmer and cover. Cook for an additional 15 minutes, or until all your liquid has been absorbed.

4. In another pot, heat black beans until warm.
5. To create your self-service bar, you'll want to fill individual bowls or plates with the cooked fish, warmed beans, cooked quinoa, lettuce, red cabbage, cilantro, avocados, lime wedges, tomatoes, and tortilla chips.
6. Let each person grab a bowl and build their own. It's always nice to finish off your bowl with a sprinkle of pink salt and a squeeze of lime juice.



HALEY HAYNES
@lauralynnobessed

Lemon Ricotta Pie

SERVES: 1-8

2½ cups ricotta cheese
¼ cup white sugar
1 tbsp. white flour
3 egg yolks
3 egg whites
1 lemon, zested
pinch of salt, to taste

1. Preheat the oven to 375°F.
2. Combine ricotta, sugar, flour, salt, lemon zest, and egg yolks in a large mixing bowl until completely smooth.
3. In a separate bowl, whisk egg whites until stiff peaks form - this can take a few minutes.
4. Fold in egg whites to the ricotta mixture.
5. Spray or oil springform pan with butter and dust with flour. Pour the mixture evenly throughout the pan.
6. Bake for 35 minutes, or until firm, and let cool for about 1 hour to settle.

Add a dusting of powdered sugar and fresh fruit to make this dessert even more special.

The Ingles Meat Department has more than just beef, pork, and chicken.
Stop by and see all the other proteins available.



CAROLINE TAYLOR
Market President, iHeart Media

Spring Lamb Chops over Vegetable Couscous

SERVES: 2-4

LAMB CHOPS:

- 6 small lamb chops, *bone-in*
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup extra virgin olive oil
- 1 tbsp. fresh garlic, *chopped*
- 1 tsp. rosemary, *chopped*
- salt and pepper

VEGETABLE COUSCOUS

- 1 box couscous (*pearled is preferred*)
- $\frac{1}{2}$ cup red onion, *finely chopped*
- $\frac{1}{2}$ cup red pepper, *finely chopped*
- $\frac{1}{2}$ cup yellow pepper, *finely chopped*
- $\frac{1}{2}$ cup frozen peas
- 2 tbsp. fresh lemon juice
- $\frac{1}{4}$ cup extra virgin olive oil
- salt and pepper

1. Lightly salt and pepper lamb chops. Combine the lamb chops and the rest of its ingredients in a zip lock bag. Place the bag in the refrigerator for at least 2 hours to marinate.
2. Prepare couscous according to package directions. Set aside. Lightly sauté vegetables and combine with couscous. Grate 1 tsp. of the fresh lemon zest over the couscous. Cut and squeeze the lemon and combine with the extra virgin olive oil, salt and pepper. Pour the dressing over the couscous and vegetable mixture. Stir well and reserve at room temperature.
3. Remove the lamb chops from the marinate and grill 2-3 minutes on each side to medium or medium rare.
4. Serve over couscous.



Why not go overboard?



MARK KEADY

WLOS News 13's Spotlight Carolina / Road Trippin'
Actor, director, writer, marathon runner

Deep Fried Chocolate Easter Eggs

SERVES: 4

INGREDIENTS

- 8 foil wrapped chocolate Easter eggs, frozen (use any flavor you like)
- 6 cups canola oil, plus 1 tbsp.
- 2 cups all purpose flour, divided
- 1 tsp. baking powder
- 1 cup of milk
- 1 egg
- pinch of kosher salt

GARNISH:

- ½ cup powdered sugar
- chocolate syrup

1. Be sure to freeze the eggs for at least two hours, or overnight, before starting this recipe!
 2. Whisk together milk, egg, and 1 tbsp. oil in a small bowl or measuring cup
 3. Whisk together baking powder, 1 cup flour, and salt in a medium bowl.
 4. Pour egg mixture into the flour mixture and whisk until combined. Cover and set aside for 15 minutes.
 5. Put the remaining 1 cup of flour into a separate small bowl.
 6. Attach a deep fat fry thermometer to a large heavy-bottomed pot.* Add 6 cups of oil and heat to 375°F over medium-high heat. Using two forks (or your hands) dredge an egg in the flour, then coat in the batter, dredge in the flour again, and then coat in the batter. (This double batter creates a thicker coating to keep the egg from leaking when fried.) Gently put it into the oil, turn it almost immediately with a slotted spoon, so that it does not stick to the bottom. Repeat with remaining eggs. Cook, turning frequently until the crust is a light golden, about 2 minutes. Remove the eggs to a paper towel-lined plate, let sit for 5 minutes before serving.
 7. Top with sifted powdered sugar, chocolate syrup, or syrup of choice.
- *You can use a deep fat fryer, but don't use an air fryer.



SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

Ricotta Gnocchi in a Sun Dried Tomato, Caper, Wine Sauce

SERVES: 4-6

FOR THE GNOCCHI:

- 1½ cups ricotta cheese
- 1 cup flour
- 1 egg
- 1 tbsp. melted butter
- 1 lemon, zested
- grated parmesan cheese
- ½ stick unsalted butter

FOR THE SAUCE:

- 1 cup white wine
- ¼ cup sun dried tomatoes,
packed in oil
- ½ cup cold butter,
cut into pieces
- 2 tbsp. capers
- 2 tbsp. lemon juice
- ½ cup fresh parsley

1. In a mixing bowl combine flour, cheese, egg, butter, lemon zest, and a dash of salt until it forms a dough. Cover with plastic wrap and let rest for 15 minutes. When dough has rested, roll out into rope shapes then cut into 1-inch pieces.
2. Add wine to a large saucepan and cook over medium heat for 3-4 minutes. Stir in capers and lemon juice; add butter a little at a time until incorporated. Add parsley and sun dried tomatoes; reduce sauce to the lowest setting while you cook the gnocchi.
3. To cook the gnocchi, bring 4 quarts of water to a boil and add a palmful of salt. When the gnocchi floats to the top, cook for 1 more minute then drain and add to the saucepan.



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