

Free

# ingles table





Summer is here! Time to get outside and enjoy festive gatherings with friends and family. And that means lots of delicious food. We've filled this issue with tons of sweet and colorful summer fruits. Get them while you can.

Don't feel like cooking? The Ingles Deli and Bakery are always there to help out. Delicious fresh salads, tasty rotisserie and fried chicken, deli meats and cheeses sliced fresh to order, mouth-watering desserts, freshly baked breads, and much more... prepared in-store by our talented team.

Make sure you pick up some of our fresh-made guacamole and tortilla chips... once you try them, you'll be hooked. Pair them with a refreshing Sangria or a glass of Laura

Lynn Iced Tea, and you have the perfect snack to cool you down.

Remember, visit [ingles-markets.com](http://ingles-markets.com) to find even more delicious recipes, instructional videos, printable shopping lists, tips and tricks, and more from the Ingles Table family.

From all of us to you... get out there and enjoy all that Summer has to offer!

*-Cindy*

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

**FRESHEN UP ANY MEAL WITH JOHN AND PATTY'S BELL PEPPER SALAD,  
THE RECIPE IS EXCLUSIVELY AT INGLES-MARKETS.COM**

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**YOU WON'T BELIEVE HOW EASY IT IS TO WHIP UP CLARK AND SUZY'S BUFFALO CHICKEN WRAPS. GET THE RECIPE EXCLUSIVELY AT [INGLES-MARKETS.COM](http://INGLES-MARKETS.COM)**



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# Leah's TIPS

## 10 TIPS FOR SUPERMARKET SAVINGS

### 1. PLAN BEFORE YOU GO

Have a menu for the week or at least several days and plan out what you need to buy. Be sure and check for items that you already have in your cupboard/pantry, fridge or freezer before you go.

### 2. COOK ONCE/EAT TWICE

Think about making some cook once/eat twice meals to save time and money. Buy a beef or pork roast, a whole chicken, or ham and use the leftovers for sandwiches, soups, quiche or even to top a salad.

### 3. CHECK WEEKLY PRINT OR ONLINE CIRCULARS

What are the hot deals? What are that week's Buy One Get One (BOGO) items? Can you make meals around those items? Make sure you take your loyalty card with you when purchasing groceries.

### 4. SHOP STORE BRANDS

Store brands like Laura Lynn (also known as private label) are usually less expensive than name brands and offer the same ingredients and quality at a lower price.

### 5. STOCK UP

If there are good BOGO and sale items that can be stored or frozen and used for future meals, stock up on these and seasonal produce.

### 6. UNIT PRICING

The shelf tag displays not only the price of the item but also the unit price (the price per unit) e.g. per ounces. Checking and comparing the unit price on items will help you make smart decisions and not be fooled by packaging.

### 7. FREQUENT THE FROZEN AISLE

Frozen fruits and vegetables stay more consistent in price and are good to use for meals, desserts, side dishes and smoothies.

### 8. ANIMAL PROTEIN AS A CONDIMENT

Think about meat, chicken, fish and pork as condiments or co-stars on your plate - rather than a major portion or star on the plate. Often animal proteins will be the most expensive items in your cart. Stretch them a little further by serving smaller portions to complement your grains and vegetables.

### 9. DIY DESSERTS

Instead of buying sweet treats, make them yourself! Make your own cookies, cobblers or even popsicles.

### 10. STRATEGIC SIPS

Instead of buying brand name sodas, bottled tea, kombucha or flavored sparkling water; pour water, Laura Lynn milk or make your own iced tea.



**LEAH MCGRATH, RD, LDN**  
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**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## Ceviche with Avocado and Grapefruit Salad

SERVES: 4

- |   |   |   |  |
|---|---|---|--|
| 7 | large limes, juiced (about 1½ cups)           | 2 | medium-ripe avocados, pitted, peeled, and sliced |
| 1 | lb. skinless halibut filets                   | 2 | hearts of romaine lettuce, roughly chopped       |
| 1 | red or pink grapefruit, peel and pith removed | 1 | tbsp. extra virgin olive oil                     |
| ½ | small red onion, thinly sliced                | ¼ | tsp. salt  |
| 1 | jalapeño, seeded and thinly sliced            | ¼ | cup fresh cilantro leaves                        |

1. Pour lime juice in an 8x8 glass dish. (Avoid using metal or plastic.)
2. Slice the halibut into ¼ inch-thick slices and cut each slice into 2x1 inch strips. Place the fish into the dish with the lime juice in a single layer so that every piece of fish is completely covered in lime juice. Marinate in the refrigerator for at least 20 minutes.
3. Place the grapefruit pieces into a medium to large mixing bowl. Add the onion, jalapeño, and avocado to the grapefruit and mix.
4. Arrange the lettuce on 4 serving plates.
5. When the fish is done, remove from the lime juice, letting as much lime juice drip off as possible. Add fish to the bowl with grapefruit, onion, avocado, and jalapeño, and delicately combine.
6. Drizzle with olive oil, sprinkle salt to taste.
7. To serve, place a mound of the ceviche in the center of each plate, or into a martini glass, and sprinkle with the cilantro leaves. Serve immediately.

**WHETHER YOU USE A PLATE OR A GLASS, CHILL IN THE FRIDGE BEFORE SERVING**





## Golden Vichyssoise Soup

SERVES: 6

- 3    **tbbsp. unsalted butter**
- 2    **tsp. garlic, minced**
- 3    **large leeks, white and light green parts only, washed and roughly chopped**
- 4    **medium potatoes, peeled and roughly chopped**
- 3    **small golden beets, peeled and roughly chopped**
- 2    **tsp. saffron**
- 6    **cups chicken broth**
- 6    **sprigs of fresh thyme**
- 1    **tsp. salt**
- 1    **tsp. white pepper**
- 1    **cup heavy cream**

- 1. Melt butter over medium heat in a large soup pot.
- 2. Add the leeks and garlic and cook about 5 minutes until soft.
- 3. Add the potatoes, beets, broth, saffron, salt and pepper.
- 4. Cook on low about 15-20 minutes until soft.
- 5. Puree the soup.
- 6. Stir in the heavy cream.
- 7. Serve while warm or refrigerate and serve when chilled.
- 8. Top with thyme before serving.



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



## Mojito Fruit Salad

SERVES: 10-12

### HONEY- MINT SYRUP:

- ½ cup Laura Lynn honey
- ½ cup water
- ½ cup mint leaves, fresh

### FRUIT SALAD:

- 12 cups fresh fruit, such as pineapple, honeydew, watermelon, cantaloupe, blueberries and grapes, cut in chunks

### MOJITO DRESSING:

- 2 tbsp. white rum
- 2 tbsp. lime juice, fresh
- ¼ cup honey-mint syrup
- 1 lime, zested
- fresh mint, for garnish

1. Make honey-mint syrup by combining water and honey in a small saucepan. Heat until very warm but not boiling. Remove from heat. Crush mint in your hand, add to saucepan, cover and steep for 20 minutes. Strain to remove mint, and refrigerate to cool.
2. In a large mixing bowl, combine all fruit.
3. Make mojito dressing by stirring together rum, lime juice, and ¼ cup honey-mint syrup. Refrigerate leftover syrup for another use.
4. Pour mojito dressing over fruit, stir to combine. Zest lime over salad, stir. Garnish with fresh mint to serve.

**USE THE LEFTOVER HONEY-MINT SYRUP TO SWEETEN ICED TEA OR MAKE A COCKTAIL.**



**UNICOI PRESERVES**  
Suzy & Clark Neal





#### **SWEET MEMORIES**

Brother & Sister, John Gifaldi & Patty Heiden  
Personal Chefs

### **Steak Bites with Balsamic Glaze**

**SERVES: 6**

- 1 lb. sirloin steak**
- 1 cup balsamic vinegar**
- 1 cup brown sugar**
- 2 tbsp. olive oil**
- fresh parsley, for garnish**
- salt**
- fresh ground pepper**
- toothpicks**

- 1. Sprinkle both sides of the steak with salt and pepper. Place on a plate and let the steak rest on the counter for 15 minutes.**
- 2. Heat a skillet with olive oil until it ripples. Pat the steak with a paper towel to remove any excess moisture and place in the skillet.**
- 3. Cook the steak for 2-3 minutes on each side or until it reaches an internal temperature of 130°F.**
- 4. Pull the steak from the skillet and let it rest on a plate covered with tin foil for 7 minutes.**
- 5. While the steak is resting, create the balsamic glaze. Heat balsamic vinegar and brown sugar in a small pot or saucepan over medium heat. Bring to a gentle boil, then reduce to medium-low heat and let simmer, stirring occasionally, until the vinegar thickens and is reduced to about ½ cup. It should be thick enough to coat the back of a spoon.**
- 6. Cut the steak into bite size pieces, place a toothpick in each piece and arrange on a plate. Drizzle some of the glaze over the steak bites, place the rest in a cup for dipping and serve. Garnish with fresh parsley.**





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

PLANT-BASED

## Mushroom and Pea Risotto

SERVES: 4

- 8 cups vegetable stock
- 1 tbsp. olive oil
- 1 onion, chopped
- 2 tbsp. vegan butter, divided
- 1 tbsp. garlic, minced
- 16 oz. button mushrooms, sliced thick
- 1 tbsp. fresh thyme, stems removed
- 2 cups Arborio rice
- ½ cup white wine
- 1 cup dairy-free mozzarella
- 1 cup frozen peas, defrosted
- ½ lemon, juiced
- 2 tbsp. fresh parsley, chopped
- salt and pepper

1. In a medium saucepan over medium heat bring vegetable stock to a simmer.
2. In a large skillet heat olive oil and then add the onion, cooking until just tender. To the onions, add half of your vegan butter, garlic, mushrooms, and thyme. Cook until the mushrooms have softened and are tender. Season with salt and pepper. Remove and set aside.
3. In a stock pot on medium heat, melt the remaining half of vegan butter and add the Arborio rice. Stir the rice continually until the rice is lightly brown and starting to toast, about 2 minutes. Add the wine and cook until the wine has absorbed.
4. Add one ladle of warm stock to the rice and stir continually until the rice absorbs the liquid. Once the liquid has absorbed into the rice, add another ladle of stock. Continue doing this until the risotto is al dente. Note: You may not need all of the stock.
5. Now, add the mushrooms mixture, cheese, and peas back to the rice and stir. Add the lemon juice and parsley, stir and serve warm.



# Chopped Asian Chicken Salad

SERVES: 4-5

## SALAD:

- 2 cups shredded chicken
- 2 cups napa cabbage
- 2 cups red cabbage
- 2 cups romaine lettuce
- 1 cup carrots, julienned
- 1 cup edamame
- 1 cup mandarin orange slices
- ½ cup green onions
- 1 (3½ oz.) bag wonton noodles, crunchy
- ½ cup almonds
- 1 tbsp. sesame seeds

## DRESSING:

- 1 tbsp. soy sauce
- 2 tbsp. brown sugar
- 2 tsp. chili garlic sauce
- 1 tsp. minced ginger
- 1 tsp. minced garlic
- ¼ cup grapeseed oil
- 2 tbsp. rice wine vinegar
- 2 tbsp. sesame oil

1. In a large bowl combine the shredded chicken with romaine, napa cabbage, red cabbage, carrots, edamame, and wonton noodles.
2. The mandarin oranges, green onions, and almonds can be gently tossed in or placed on top.
3. Combine the dressing ingredients in a bowl or mason jar and drizzle it over the salad. Garnish with sesame seeds.



**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter



# Peppered Bacon Pork Burgers with a Chipotle Sorghum BBQ Sauce

SERVES: 4

## Ingredients:

- 2 lb. ground pork
- 1 lb. thick cut bacon, chopped
- 1 yellow onion, thinly sliced
- 6 tbsp. butter, softened, divided
- 4 tsp. coarse ground pepper
- 1 tbsp. smoked paprika
- 1 tbsp. kosher salt
- 4 fresh burger buns
- 8 slices of your favorite cheese

## Chipotle Sorghum BBQ Sauce

- 1 ½ cups ketchup
- ½ cup water
- ½ cup sorghum syrup
- 2 chipotle peppers in adobo sauce, chopped
- 1 tbsp. Worcestershire sauce
- 2 tbsp. brown mustard
- 1 tsp. ground pepper
- 1 tsp. onion powder

1. Mix all BBQ Sauce ingredients in saucepan and bring to a boil over medium-high heat, then reduce heat and let simmer for 15-20 minutes, until desired thickness. Set aside.
2. Prepare grill for direct and indirect cooking.
3. In a skillet or on a griddle over medium-high heat, caramelize onions with 2 tbsp. butter; set aside
4. Thoroughly mix ground pork, chopped bacon, 4 tbsp. butter, salt, smoked paprika and 1/2 cup of BBQ sauce. Form into 1/3 lb. burger patties.
5. Liberally coat one side of each patty with coarse ground pepper.
6. Indent each burger in the center (to catch grease) and place over indirect heat and let cook almost all the way through before flipping. Watch for flare-ups! Once burgers are flipped, top each with two slices of cheese and let melt. Note: Burgers should reach internal temp of 165°F.
7. Don't forget to toast your buns!
8. Place caramelized onions on to your toasted bottom bun. Lay a cheeseburger over onions, smother in BBQ Sauce, and top with the other half of the bun.



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

**powerful**  
**+ pairings**  
delicious + nutritious + ingenious



# Chimichurri Skirt Steak Tacos

SERVES: 4

# EVERYONE LOW

## STEAK:

- 1 lb. skirt steak
- 1 cup mojo marinade
- 8 corn or flour tortillas
- 1 cup cheese, shredded
- ½ cup of your favorite salsa
- 1 bag corn tortilla chips, for garnish
- 1 lime, for garnish

1. Place steak in plastic zipper bag with mojo and place in refrigerator for minimum 2 hours.
2. To make chimichurri: in small processor or blender, place jalapeño, garlic, all seasonings, parsley, cilantro, oregano, olive oil, and vinegar; pulse until blended, not smooth. Set aside.
3. Remove the steak from fridge and from marinade and let set at room temperature for 30 minutes before grilling.
4. Prepare the grill for direct cooking, preheating to medium-high heat.
5. Grill the skirt steak over direct heat, turning once and cooking until an internal temperature of 135-140°F.
6. Cut steak into ½ inch strips, making sure to cut against the grain.
7. Assemble your tacos with steak, chimichurri, cheese, and your favorite salsa. Add tortilla chips and/or lime to garnish.

## CHIMICHURRI:

- 1 jalapeño pepper, chopped
- ½ tsp. cumin
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tsp. garlic, minced
- ¼ cup olive oil
- 2 tbsp. red wine vinegar
- ¼ cup fresh parsley, chopped
- ¼ cup fresh oregano, chopped
- ½ cup fresh cilantro, chopped



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







## Mock Lobster Tacos

SERVES: 8

### MONKFISH:

- 4 monkfish loins (can substitute 2 lobster tails or 4 loins of codfish)
- 8 grilling skewers
- lemon pepper seasoning
- 1 tbsp. vegetable oil
- 8 soft flour taco shells (or hard corn shells)

### CILANTRO LIME SOUR CREAM DRESSING:

- 1 cup Laura Lynn Sour Cream
- ½ cup fresh cilantro, roughly chopped
- 2 limes

### TOPPINGS:

- 2 cups shredded iceberg lettuce
- 1 cup diced tomatoes
- 1 cup Mexican cheese, crumbled
- 1 container fresh salsa (Ingles Produce)
- 2 limes, quartered

**HINT: SLIGHTLY UNDERCOOKING FISH ALLOWS FOR THE RESIDUAL HEAT TO FINISH THE PROCESS AND YOUR FISH WON'T BE DRY.**

1. Make your dressing by zesting and squeezing the juice from 2 limes directly into a small food processor. Add the cilantro and sour cream; blend until smooth. Refrigerate.
2. Slice fish loins lengthwise into 8 equal pieces; pat dry.
3. Skewer the pieces of fish, brush with vegetable oil, and dust with lemon pepper seasoning.
4. Grill your skewers of fish until almost done.
5. On the same hot grill, place your flour tortillas until one side is slightly charred. Remove from heat and cover with a clean kitchen towel so they don't dry out.
6. Place a piece of monkfish on a tortilla and then top with lettuce, tomatoes, salsa, and cheese. Top with the cilantro lime sour cream dressing. Serve with extra limes and your favorite sides. Enjoy.



CAROLINE TAYLOR  
Market President,  
iHeart Media



## Smokin' Hot Sangria

SERVES: 6

- 1 bottle rosé
- 4 cups watermelon, balled or cut into bite size chunks
- 2 cups strawberries, sliced
- 1 cup cherries, pitted (or raspberries)
- 2 serrano peppers, thinly sliced
- sprigs of fresh mint
- ice

- 1. In a large pitcher, combine the fruit, serrano pepper slices and mint.
- 2. Pour the rosé over the top.
- 3. Refrigerate until the sangria is chilled and the fruit has absorbed the wine. It is better if it is chilled for a few hours.
- 4. Put ice into glasses.
- 5. Add fruit to the glasses and pour the sangria on top. Garnish with leftover mint.

# SPICY

**GIVE IT EVEN  
MORE OF A KICK  
BY ADDING SOME  
VODKA OR RUM!**



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



## Grilled Mussels with Garlic White Wine Sauce

SERVES: 4-6

- 2 lbs. mussels, rinsed
- ¼ cup extra virgin olive oil
- 2 tbsp. garlic, minced
- ½ tsp. red crushed pepper flakes
- ½ cup dry white wine
- 1 tsp. kosher salt
- 1 tsp. ground black pepper
- ¼ cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- 1 lemon, zested
- 1 lemon, cut in wedges for garnish
- 1 baguette or artisan bread, to serve with dish

1. Prepare charcoal grill for high heat, direct cooking.
2. Place a large cast iron skillet directly over coals and heat olive oil.
3. Add garlic and red pepper flakes and stir until garlic starts to brown (1-2 minutes).
4. Add mussels, white wine, salt, and pepper. Stir to combine, loosely cover with foil, and cover with grill lid.
5. Cook until all mussels have opened (approximately 5-7 minutes). Remove any mussels that have not opened.
6. Stir mussels in the juices, then sprinkle with parsley, mint and lemon zest and serve garnished with lemon wedges and baguette or artisan bread.



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

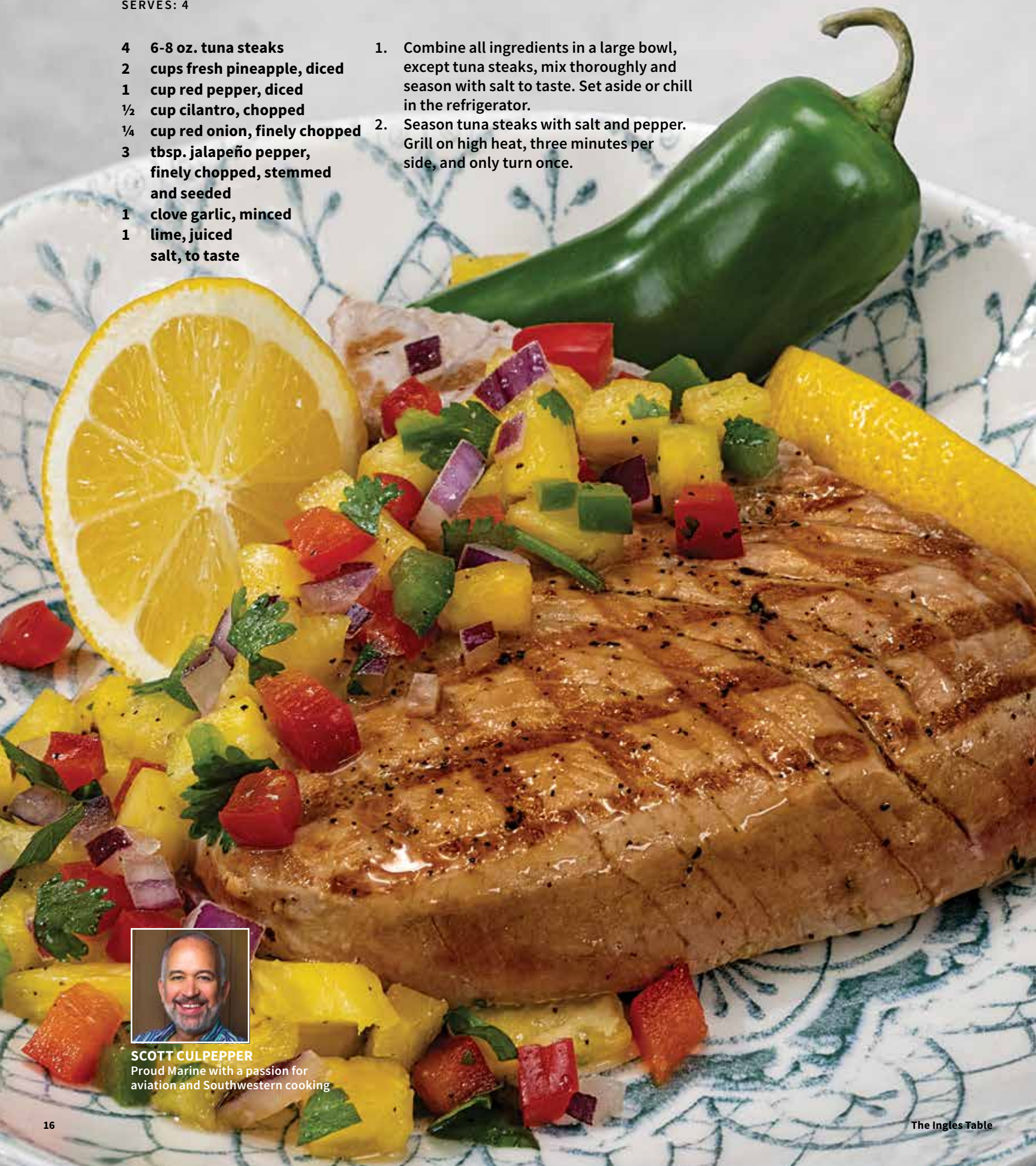




## Grilled Tuna with Pineapple Salsa

SERVES: 4

- |   |   |    |  |
|---|---|----|--|
| 4 | 6-8 oz. tuna steaks                                       | 1. | Combine all ingredients in a large bowl, except tuna steaks, mix thoroughly and season with salt to taste. Set aside or chill in the refrigerator. |
| 2 | cups fresh pineapple, diced                               | 2. | Season tuna steaks with salt and pepper. Grill on high heat, three minutes per side, and only turn once.   |
| 1 | cup red pepper, diced                                     |    |  |
| ½ | cup cilantro, chopped                                     |    |  |
| ¼ | cup red onion, finely chopped                             |    |  |
| 3 | tbsp. jalapeño pepper, finely chopped, stemmed and seeded |    |  |
| 1 | clove garlic, minced                                      |    |  |
| 1 | lime, juiced  |    |  |
|   | salt, to taste  |    |  |



**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking



**VINE RIPE HEIRLOOM  
TOMATOES HAVE ALL  
THE DELICIOUSNESS  
OF SUMMER!**

## **Grilled Salmon with Heirloom Tomatoes**

**SERVES: 4**

### **Heirloom Tomatoes:**

- 2** tbsp. white balsamic vinegar
- 2** tbsp. extra virgin olive oil
- 1** tsp. garlic, minced
- 1½** lb. mixed heirloom tomatoes
- ¼** cup red onion, diced
- ½** cup fresh basil leaves, torn
- 2** tbsp. capers

### **Salmon:**

- 4** skinless salmon filets (1 inch thick)
- extra virgin olive oil
- salt and pepper

1. In a mixing bowl, add red onion, olive oil, vinegar, garlic, capers, and basil. Whisk until combined and then pour over the tomatoes.
2. Brush olive oil on to your salmon, coating all sides. Sprinkle with salt and pepper.
3. Either on the grill or in a grill pan on the stove, grill the salmon for 4 minutes on each side.
4. Place your salmon filets over the marinated tomatoes and serve.



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



# Greek Lamb Kabobs

SERVES: 6

## KABOBS:

- 12 wooden skewers, soaked in water for 1 hour
- 2 lbs. lamb, cut into 2 inch cubes
- 1 lg. red bell pepper, cut into 2 inch pieces
- 1 lg. yellow bell pepper, cut into 2 inch pieces
- 1 lg. zucchini, cut into 2 inch pieces
- 1 lg. sweet Vidalia onion, cut into 2 inch pieces
- 18 lg. button mushrooms

## VINAIGRETTE:

- 2 lg. lemons, zested and juiced
- $\frac{1}{3}$  cup extra virgin olive oil
- 4 tbsp. water
- 1 tsp. brown or Dijon mustard
- 1 tbsp. fresh dill, optional
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. freshly cracked pepper

1. To a jar, with a lid, add all of the vinaigrette ingredients. Cover and shake vigorously until well combined; set aside.
2. Add cut zucchini, peppers, and onions to a large freezer bag. Then, add whole mushrooms and about  $\frac{1}{3}$  of the vinaigrette to the bag. Set the bag aside to marinate.
3. Add your lamb to another large freezer bag with another  $\frac{1}{3}$  of the vinaigrette and then set aside, at room temperature, for up to 2 hours, to marinate. (Note: You can refrigerate and marinate the lamb up to 24 hours in advance. Let come to room temperature 1 hour before cooking.)
4. Place each ingredient on their own separate skewers. (This allows you to regulate the cooking time of each ingredient.)
5. Start your grilling with the lamb skewers, placing them onto a hot grill, basting them with the remaining  $\frac{1}{3}$  of the vinaigrette, and turning them as needed (you want the internal temperature to be medium and the outside to be nicely browned). About halfway into the cooking of the lamb skewers, add your vegetable skewers, so that everything finishes cooking at the same time. Continue basting the lamb and veggies with the vinaigrette until they are all cooked. (Remember, the veggies and lamb will continue to cook after you remove them from the grill, so slightly undercook both to get the perfect doneness.)



**CAROLINE TAYLOR**  
Market President,  
iHeart Media



## Million Dollar Bacon

SERVES: 4

- 1 lb. thick cut bacon
- 6 tbsp. brown sugar
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper
- ½ tbsp. red pepper chili flakes
- 1 tbsp. sorghum syrup

1. Preheat oven to 350°F.
2. Line a baking sheet pan with parchment paper to minimize cleanup.
3. Place bacon slices on a baking sheet pan. Make sure they are not touching so they do not stick together. Add bacon in a single layer.
4. Add to a small bowl the brown sugar, black pepper, cayenne pepper, and red pepper chili flakes. Stir to combine sugar mixture.
5. Sprinkle the spice mixture over the bacon liberally. You want to coat the bacon. Pat mixture in with your hand. Flip bacon and repeat the process.
6. Cook bacon in a preheated oven for 35 to 40 min. Check on the bacon near the end to make sure that the sugar does not burn.
7. Remove bacon from the oven to cool.
8. Transfer bacon to a wire rack and lay bacon flat to let cool completely and let the sugar harden.
9. Drizzle sorghum syrup on the top of your bacon.



**KAITLYN BAKER**  
Nashville Recording  
Artist/Songwriter

**powerful  
+ pairings**

delicious + nutritious + ingenious



**SALTY, SWEET  
REFRESHING,  
CRUNCHY,  
SMOOTH,  
AND  
HEALTHY!**

## **Frozen Peanut Butter Dates**

SERVES: 20

20 medjool dates  
½ cup salted peanuts  
½ cup peanut butter  
6 oz. chocolate chips  
6 tbsp. butter, cut into  
small pieces  
kosher salt, for garnish

1. Slice open the dates and remove the pits.
2. Fill the date with approximately 1 tsp. of peanut butter.
3. Top the peanut butter with a few peanuts.
4. Place the chocolate chips into the microwave and cook for 2 minutes, making sure to stop and stir every 15 seconds or so.
5. Add the butter to the bowl of chocolate and stir until combined.
6. Drizzle the chocolate over the dates and top with kosher salt if desired.
7. Place the dates on a baking sheet covered in parchment paper and put into the freezer for at least 30 min.
8. Remove the dates from the freezer and enjoy.



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





# Summer Watermelon Cake

SERVES: 8-10

- 4 seedless watermelons
- 3 (16 oz.) containers strawberries
- 3 (6 oz.) containers blackberries
- 3 pint containers blueberries
- 1 lb. large purple grapes
- 1 fresh mint plant

1. First, cut ends and sides off each watermelon, leaving behind as much of the red part of the melon as possible.
2. Once watermelon rinds are removed, use three different sized circles as guides to cut watermelons into different sized circles. (We used three different sizes of round bowls as our guide for each circle.)
3. Place your three sizes of watermelon circles on a serving platter or tray, stacking the largest piece on the bottom, followed by the next smallest piece in the middle, and the smallest piece on top. (You can add small wooden skewers in between each level to make the cake more stable.)
4. Make sure you stack the least attractive sides of each watermelon on the same side! That will be the side we decorate with fruits to cover the flaws!
5. Now for the fun part! Attach berries, grapes and mint leaves in a wave like pattern from top to bottom on your cake.
6. Using toothpicks or small wooden skewers add larger berries and grapes first and then fill in gaps with smaller berries and mint leaves.
7. Serve this bright yummy summer treat to your guests!



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







## Grilled Pineapple Balsamic Summer Salad

SERVES: 6-8

### SALAD:

- 6 cups baby spinach
- 1 pineapple
- 1 tbsp. honey
- ½ cup raspberries
- ¼ cup red onion, thinly sliced
- ¼ cup pecan halves

### BALSAMIC DRESSING:

- 2 tbsp. balsamic vinegar
- 2 tsp. maple syrup
- 2 tbsp. tahini
- 5 tbsp. filtered water
- salt and pepper, to taste

### OPTIONAL TOPPING:

- 1 oz. crumbled goat cheese

### PINEAPPLE SALAD PREPARATION:

1. Cut pineapple into thin slices and remove the center core.
2. Drizzle one side of the slices with honey and place face down onto a cast iron skillet on medium heat. Drizzle the top of each slice with honey.
3. Cook for 3-4 minutes, until the pineapples are browned and caramelized. Flip and cook the other side.
4. While pineapples are cooking, combine spinach, raspberries, onion, and pecans into a large bowl and toss.
5. Once pineapples are cooked, dice and place on top of salad.

### DRESSING PREPARATION:

1. Combine vinegar, maple syrup, tahini, water, salt, and pepper and whisk thoroughly until all ingredients are combined. If the dressing is too thick, add water 1 tsp. at a time.
2. Drizzle dressing on top of salad.



**JULIA BROCAILE**

Mom and wife with a passion for creativity





# Spiked Grapes

SERVES: 8-12

- |                       |                      |
|-----------------------|----------------------|
| 2½ cups green grapes  | 3 bottles of colored |
| 2½ cups red grapes    | sanding sugar        |
| 2½ cups purple grapes | 1 bottle Prosecco    |

1. Place each color of grapes into a separate sealable bag.
2. Pour ⅓ of the bottle of Prosecco into each bag.
3. Let marinate in the refrigerator overnight, at least 8 hours.
4. Drain off the Prosecco from each bag (save for future cocktails).
5. Pour one container of the sanding sugar into a bowl or baking dish.
6. Place one color of grapes over the colored sugar and shake gently to completely cover them in sugar.
7. Repeat for each color.
8. Place grapes in a bowl or on skewers and serve.



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