

Free

# ingles table





It's that time of year again when jackets and scarves are swapped out for t-shirts and shorts. It also means heavier comfort food meals will be swapped out for more fresh and lighter choices. Fresh fruits and vegetables are showing up in abundance and our Ingles Table chefs have come up with some delicious recipes for you to enjoy all those seasonal options. That doesn't mean we've forgotten a few decadent ideas for you.

If you didn't already know, there are a lot more fantastic recipes online at [ingles-markets.com](https://ingles-markets.com). And you'll find even more there including instructional videos, printable recipes, and some helpful tips and tricks to make your cooking experiences easier.

Our Ingles Table family really loves having the opportunity to share these new and traditional family recipes with our shoppers. We hope you give some of them a try.

From our Ingles Table  
family to yours,

*-Cindy*

Cindy Mixon  
Vice President Deli Operations,  
Ingles Markets

**FIND JOHN GIFALDI'S DELICIOUS ROASTED BEET AND GOAT CHEESE  
SANDWICH RECIPE EXCLUSIVELY AT INGLES-MARKETS.COM**

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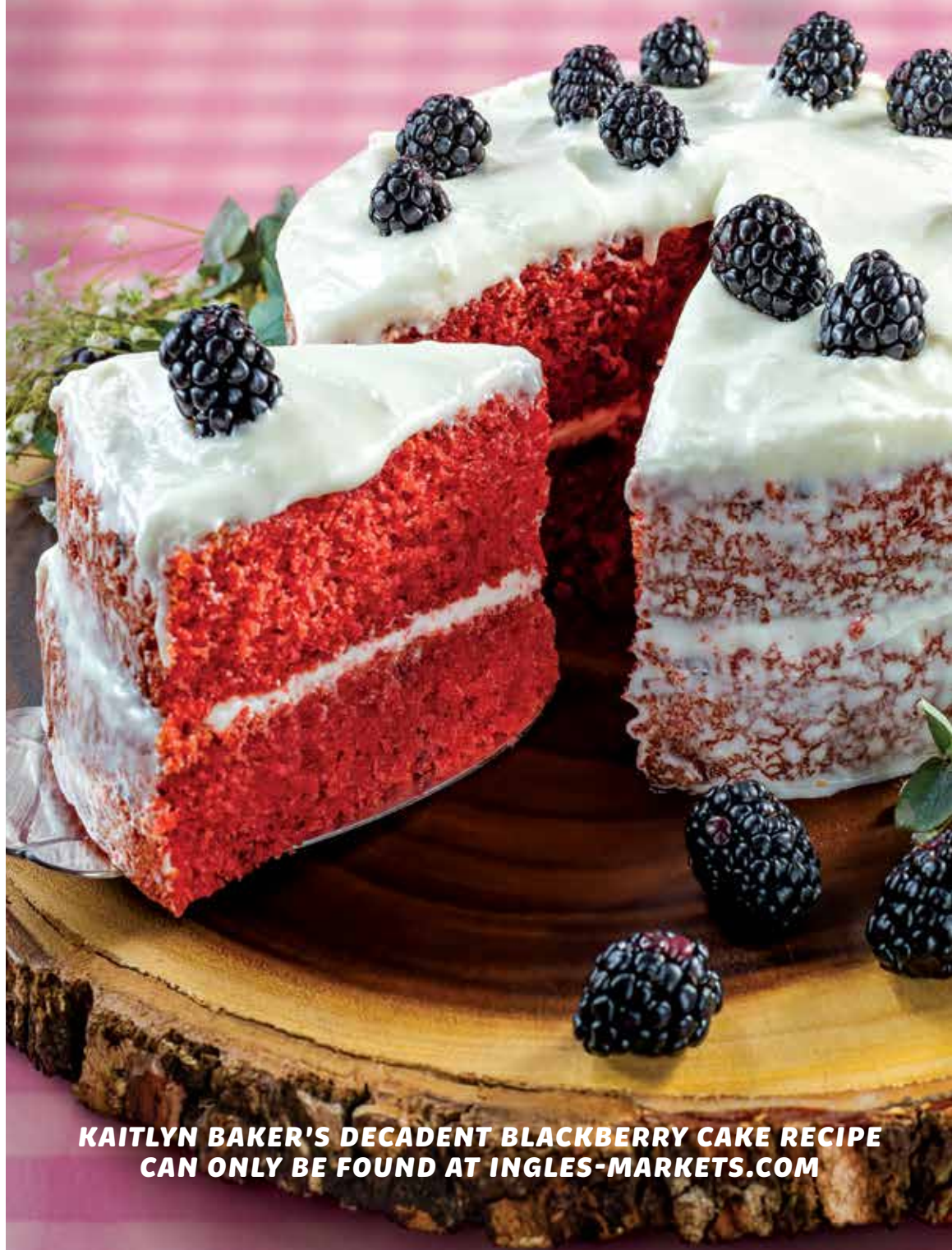


18



21

- |                                     |   |
|-------------------------------------|---|
| 4 Leah's Tips                       | 15 Southern Fried Chicken with Tomato Gravy |
| 5 Southwestern Caesar Salad         | 16 After School Activity Board              |
| 6 Egg Salad Lettuce Wrap            | 17 Spicy Jalapeño Infused Margarita         |
| 7 Napa Picnic Sandwich              | 18 Pineapple Upside Down Cake on a Stick    |
| 8 Breakfast Sweet Rolls             | 19 Mexican Street Corn Casserole            |
| 9 Cheeze Mac-N-Cheeze               | 20 Curried Deviled Eggs                     |
| 10 Mexican Skillet Tilapia          | 21 Dilled Red Potatoes and Peas             |
| 11 Chilled Minty Green Pea Soup     | 22 Salmon in a Caper Cream Sauce            |
| 12 Southern Cornbread Salad         | 23 Avocado Waffles                          |
| 13 Fresh Blueberry and Radish Salad |   |
| 14 Spicy Cucumber Salad             |   |



**KAITLYN BAKER'S DECADENT BLACKBERRY CAKE RECIPE  
CAN ONLY BE FOUND AT [INGLES-MARKETS.COM](http://INGLES-MARKETS.COM)**



## How to Improve Your Digestive Experience

Sometimes we may wonder why a meal doesn't agree with us – the answer could be easier than you think!

**Dehydration** – Are you getting enough water and fluid most days of the week? Drinking water and fluids help with digestion. Use a refillable and machine washable water bottle or pick up bottled water or beverages at your Ingles store to stock your fridge or enjoy with your lunch.

**High fat foods** – Are you eating foods that are high in fat like fried foods, high-fat meats, and dishes with cream sauces? These may cause stomach upset and indigestion.

**Spicy or acidic foods** – Have you been eating foods that are highly acidic, like tomatoes or citrus fruits? Have you been eating foods that are spicy, like chilis or hot sauces? These foods may cause discomfort.

**Caffeinated and carbonated beverages** – Drinking beverages that are caffeinated or carbonated may cause bloating and upset stomach. Try switching to decaffeinated coffee, caffeine-free herbal teas or beverages that aren't carbonated. You can find a variety of these types of beverages at your Ingles Market.

**Eating quickly** – Do you eat meals standing up? Are you eating too quickly? This may mean not properly digesting food. Slow down and sit down while you eat. Avoid eating in your car.

**Meal size** – Are you eating past the point of satisfaction? Are you eating until you are overfull or stuffed because you missed a meal or skipped a meal? These types of eating habits can cause discomfort.

**Alcoholic beverages** – Are you drinking alcoholic beverages regularly? Alcohol can upset your stomach.



Leah McGrath, RD, LDN  
Corporate Dietitian, Ingles Markets  
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**ADD YOUR FAVORITE PROTEIN AND TURN  
THIS SALAD INTO AN ENTREE.**



**SCOTT CULPEPPER**  
Proud Marine with a passion for  
aviation and Southwestern cooking

## **Southwestern Caesar Salad**

**SERVES:** 6-8

### **FOR DRESSING:**

- 1½ cups Laura Lynn Caesar  
Salad Dressing**
- 1 tbsp. chipotle salsa**
- ½ cup jalapeño jack cheese,  
shredded**

### **FOR SALAD:**

- 3 heads romaine lettuce, chopped**
- ¼ cup black beans, drained**
- ¼ cup roasted corn**
- 1 cup cherry tomatoes, halved**
- 1 cup jalapeño jack cheese,  
shredded**
- 1 cup roasted pepitas  
(pumpkin seeds)**
- Harvest Farms white and blue  
corn tortilla chips, for garnish**

### **FOR DRESSING:**

1. In a food processor, blender, or hand-held mixer, add Laura Lynn Caesar dressing and the chipotle salsa and mix until blended.
2. Add the jalapeño jack cheese and pulse until just combined.

### **FOR SALAD:**

1. In a large mixing bowl, add romaine, black beans, roasted corn, tomatoes, and cheese. Hand toss to combine all ingredients.
2. Start with half of the dressing, add to the salad mixture and toss until everything is coated with dressing. Use more dressing as desired.
3. Plate salad on a serving plate and garnish with white and blue corn tortilla chips. Sprinkle the pepitas over the top and serve.





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

## Egg Salad Lettuce Wrap

SERVES: 6

- 6 hard boiled eggs\*
- 2 green onions, thinly sliced
- 4 tbsp. Greek yogurt
- 2 tbsp. mayonnaise
- 12 romaine heart leaves
- 12 slices bacon, cooked
- 24 grape tomatoes
- 1 tsp. dill weed
- salt and pepper, to taste

1. Dice the eggs.
2. Combine eggs, green onions, yogurt, mayonnaise, and salt and pepper.
3. Slice the grape tomatoes in half.
4. Divide egg mixture over lettuce leaves.
5. Place 1 slice of bacon onto each lettuce leaf.
6. Top with tomatoes and dill weed.

**\*TO SAVE TIME, PICK-UP HARD BOILED EGGS AT INGLES.**





**UNICOI PRESERVES**  
Suzy & Clark Neal

## Napa Picnic Sandwich

SERVES: 1-2

- 1 Ingles bakery French baguette
- 2 tbsp. Laura Lynn salted butter, softened
- 2 tbsp. Laura Lynn coarse ground mustard
- $\frac{3}{4}$  lb. ham, deli sliced
- 4 tbsp. Unicoi Preserves Salted Caramel Peach Spread
- $\frac{1}{4}$  lb. Havarti cheese, deli sliced
- $\frac{1}{4}$  lb. lacy Swiss cheese, deli sliced
- 1 cup Harvest Farms organic spring mix lettuce

**WE PICKED UP A SIMILAR SANDWICH ON THE WAY TO A VINEYARD IN NAPA, AND ENJOYED IT WITH WINE ON A BEAUTIFUL SPRING DAY.**

1. Cut baguette in half horizontally. Hollow out some of the bread from the inside of the top half. Spread butter on the cut sides of both the top and the bottom of the bread.
2. Spread mustard on the bottom of the bread.
3. Layer ham, salted caramel peach spread, Havarti, and Swiss cheeses. Top with lettuce.
4. Add top of baguette to sandwich, press firmly, and wrap to travel. Cut and serve when you're ready to picnic.





**JOHN GIFALDI**  
Personal Chef

## **Breakfast Sweet Rolls**

**SERVES: 6**

- 6**    **tbps. butter**
- 6**    **tsp. brown sugar**
- 1**    **tbps. pecans, chopped**
- 1**    **pack refrigerated dough crescent rolls from the dairy section**

- 1.**    Heat oven to 400°F.
- 2.**    Grease a muffin pan with 6 individual cups with butter. Place 1 tbps. of butter in each slot followed by 1 tbps. of brown sugar and finally distribute the chopped pecans.
- 3.**    Remove the crescent rolls from their package but do not unroll. Cut into 6 pieces, press one in each cup of the muffin pan.
- 4.**    Bake for 8-10 minutes, until the rolls are golden brown. Remove from the oven and let set for several minutes then turn the pan upside down on a serving dish and enjoy!



PLANT-BASED

## Cheeze Vegan Mac-N-Cheeze

SERVES: 6-8

- 2 tbsp. plant-based butter
- 2 tbsp. whole wheat flour
- 3 tbsp. nutritional yeast
- 2 cups unsweetened plant-based milk
- 2 (8 oz.) packages non-dairy cheddar shreds, divided
- ½ tsp. smoked paprika
- 1 tbsp. ground mustard
- ½ tsp. kosher salt
- 1 tbsp. garlic powder
- ½ box whole wheat elbow macaroni, cooked al dente and drained well

1. Preheat oven to 350°F.
2. In a medium saucepan, prepare roux: melt butter over medium heat, add flour and whisk until combined. Cook for 2-3 minutes, stirring constantly. Pour in the milk. Add the nutritional yeast. Stir until combined. Add 1½ cups of the cheddar shreds. Stir until the cheese is melted and all the ingredients are combined. Add the paprika, mustard, salt, pepper, and garlic powder. The sauce should be thick, creamy, and smooth.
3. Place the macaroni in a 9x12 inch baking dish. Add the cheese sauce and stir until the noodles are well-coated. Add the remaining ½ cup of cheese to the top. Sprinkle with more smoked paprika.
4. Baked 35-40 minutes, until the top is slightly browned. Let sit for 10-15 minutes and then serve.



**DR. MONIQUE MAY**  
Board-certified physician  
and Best-selling author  
[physicianinthekitchen.net](http://physicianinthekitchen.net)





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

## Mexican Skillet Tilapia

SERVES: 4

- 4 fresh tilapia filets (substitute any hearty white fish)**
  - 2 tsp. ground cumin**
  - 1 tsp. chili powder**
  - 1 tsp. garlic powder**
  - 1 tsp. sea salt**
  - 1 tbsp. olive oil**
  - ½ cup cherry or grape tomatoes**
  - ½ thinly sliced red onion**
  - 1 tbsp. minced garlic**
  - 1 cup Mexican beer (substitute vegetable broth)**
  - 1 jalapeño pepper, minced**
  - ¼ cup fresh squeezed orange juice**
  - 1 sea salt, to taste**
  - 1 ground black pepper, to taste**
  - 1 fresh cilantro, chopped for garnish**
  - 1 lemon or lime, for garnish**
1. Combine cumin, chili powder, garlic powder, and sea salt. Generously coat tilapia filets with seasoning blend.
  2. Heat olive oil in heavy skillet over medium-high heat and add fish filets. Cook 2-3 minutes and then carefully turn using a flat spatula. Cook 2-3 more minutes until fish is white and flakey. Remove and set aside.
  3. Add tomatoes to the same skillet and sauté until blistered. Add onion and garlic and sauté until onions soften.
  4. De-glaze the skillet by adding beer (or broth) to skillet, still over medium-high heat and bring to a boil. Let simmer until liquid is reduced by 1/2, approximately 5 minutes.
  5. Finish the sauce by adding jalapeño, citrus juice, and salt and pepper to taste. Simmer over low-medium heat for 5 minutes.
  6. Add the fish back into the skillet. Spoon sauce over the fish and garnish with fresh cilantro and lemon or lime wedges.







**MAKE IT VEGAN:  
SUBSTITUTE BUTTER WITH  
VEGETABLE OIL AND CHICKEN  
STOCK WITH WATER.**



**MARTHA VINING**

Cooking instructor, Food Pantry volunteer,  
Cordon Bleu graduate

## Chilled Minty Green Pea Soup

SERVES: 6

- 2    tbsp. butter
- ½    cup onion, chopped
- 3    cups chicken stock
- 4    cups frozen peas, thawed
- ¼    cup fresh parsley, chopped
- ¼    cup fresh mint leaves, chopped
- salt and pepper
- sour cream
- fresh mint leaves, for garnish

1. In a medium stock pot, melt butter over medium heat.
2. Add chopped onion and cook until onion is softened but not brown, 6-8 minutes, stirring occasionally.
3. Add stock and bring to boil. Add peas, turn down heat and simmer 3-4 minutes, until just tender. Remove stock pot from heat and add parsley and mint. Purée with immersion blender, thinning with water if too thick.
4. Season with salt and pepper.
5. Refrigerate and serve chilled.
6. Garnish with sour cream and fresh mint leaves.



## Southern Cornbread Salad

SERVES: 10-12

- 4 cups fresh baked cornbread from the Ingles bakery dept.
  - 1 pkg. Laura Lynn ranch dip mix
  - 1½ cups sour cream
  - 1½ cups mayonnaise
  - 2 (15 oz.) cans pinto beans, drained and rinsed
  - 2 large tomatoes, diced
  - ½ red onion, diced
  - 1 cup bell pepper, chopped
  - 1 cup cheddar cheese, shredded
  - 2 (15 oz.) canned corn, drained
  - 2 (2.8 oz.) packages Laura Lynn real bacon pieces
1. In a small bowl, whisk together ranch dip mix, mayonnaise, and sour cream and set aside.
  2. Crumble half of cornbread in the bottom of a trifle bowl.
  3. Layer half of the following: pinto beans, chopped tomatoes, onions, bell pepper, half green onion, shredded cheese, bacon pieces, and corn.
  4. Top with half of the dressing mix.
  5. Repeat layers once more.
  6. Garnish with any additional bacon, green onion, or cheese.
  7. Cover and chill until ready to serve.



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





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

## Fresh Blueberry and Radish Summer Salad

SERVES: 4

### Ingredients:

- 4 cups baby fresh spinach
- 2 cups arugula
- ½ cup micro greens
- 1 cup fresh blueberries
- 1 bunch radishes, sliced
- 4 spring onions, sliced
- 1 cup Port Wine Derby Cheese
- 1 cup red cabbage, shredded
- ½ cup walnuts
- edible flowers, for garnish (optional)

### Herbed Vinaigrette:

- ¼ cup white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tsp. sugar
- ¼ cup herbs (your choice), chopped
- 1 clove garlic, minced
- ¼ tsp. salt
- ½ cup sunflower oil

1. In a bowl add spinach, arugula, micro greens, onions, cabbage, blueberries and radishes.
2. In a jar with a fitted lid add all the Vinaigrette ingredients, shake until combined.
3. Pour vinaigrette over salad and toss. Sprinkle cheese and walnuts over salad then serve.





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

## Spicy Cucumber Salad

SERVES: 4

### INGREDIENTS:

- 6 mini cucumbers
- 2 tsp. salt, to drain water

### SAUCE:

- 1 tbsp. soy sauce
- 1 tbsp. garlic, minced
- 1 tbsp. rice vinegar

- 1 tbsp. chili oil
- 1 tbsp. sugar
- 1 tbsp. red chili flakes
- $\frac{1}{4}$  tsp. ginger, ground
- 1 tsp. sesame oil
- 1 tsp. sesame seeds
- 2 tbsp. green onions, thinly sliced

1. Wash the cucumbers and cut off the ends.
2. Place cucumber in between chopsticks. Make several 45° cuts down the length of the cucumber. Flip the cucumber over and then make several 90° cuts, trying to follow the same cuts as you did on the other side. Repeat until you have done this to all the cucumbers.
3. Sprinkle the cucumbers with salt and gently massage into them. Let sit for 5 minutes (no more than 10). Rinse with cold water and set aside.
4. Mix the sauce ingredients in a separate bowl.
5. Add cucumbers to the sauce.





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

## Southern Fried Chicken with Tomato Gravy

SERVES: 4-6

### FRIED CHICKEN INGREDIENTS:

- 8 boneless chicken thighs
- 1 cup all-purpose flour
- ¼ cup spicy BBQ rub (your choice)
- 1 tbsp. onion powder
- 1 tbsp. salt
- 1 tbsp. ground pepper
- 1½ cup buttermilk
- canola oil, enough to cover ½ chicken

### TOMATO GRAVY INGREDIENTS:

- 4 slices thick cut bacon
- 1 large sweet onion, diced
- 1 tbsp. butter
- 2 tbsp. all-purpose flour
- 2 large ripe tomatoes, peeled and grated/chopped (sub a 15 oz. can crushed tomatoes)
- 1 cup chicken broth
- 1 tbsp. tomato paste
- ½ tsp. sugar
- ¼ cup heavy cream (or whole milk)
- salt and pepper, to taste

1. Prep chicken by placing all pieces into a gallon freezer bag and cover with buttermilk. Seal the bag and put in refrigerator for at least 1-2 hours or overnight.
2. Prep chicken breading mix in medium to large mixing bowl by combining flour, BBQ spice, onion powder, salt, and ground pepper. Mix thoroughly and set aside.
3. Make the tomato gravy. In a large skillet, fry bacon strips over medium heat until crisp. Remove all but two tbsp. of bacon grease.
4. Add onion to skillet with grease and sauté until soft and translucent. Add butter and flour, stirring frequently until flour is absorbed.
5. Add diced tomatoes, chicken broth, tomato paste, and sugar and simmer over medium heat until gravy has thickened. Once thickened, stir in cream and crumbled bacon. Remove from heat and keep warm.
6. Prepare the chicken for frying by removing one piece at a time from the freezer bag. Allow the chicken to drip, but do not remove buttermilk from the chicken.
7. Coat chicken with breading mix thoroughly and set aside.
8. In a clean, large skillet, add just enough canola oil to cover ½ of the chicken pieces being used. In this case, probably ½" of oil to the bottom of the pan. Using high heat, bring oil to 350°-375°F. Place chicken into hot oil and fry, turning as the down-side begins to turn golden brown. Chicken should be cooked to an internal temperature of 165°F. Remove from oil and place on cooling rack or plate lined with paper towels.
9. Plate chicken and then spoon warm tomato gravy over top. Serve with garden fresh tomato slices, green onion, and a buttermilk biscuit!



**FRIED CHICKEN AND TOMATO GRAVY IS SOUTHERN COMFORT FOOD AT ITS FINEST.**





**SCOTT CULPEPPER**  
Proud Marine with a passion for  
aviation and Southwestern cooking

**FEED YOUR KID'S BRAINS WITH THEIR  
FAVORITE HEALTHY SNACKS**

## After School Activity Board

SERVES: 8-12

- |  |  |   |
|--|--|---|
| 1 large cutting board, rectangular or round, whatever is on hand | 1 cup Colby Jack cheese cubes            | 1 cup baby carrots                      |
| ½ cup hummus   | 15 mini frosted oatmeal cookies          | ½ cup dried cranberries or raisins      |
| ½ cup peanut or almond butter                                    | 15 red grapes, halved                    | 1 cup multicolored fish shaped crackers |
| 5 ribs celery, cut into three pieces each                        | 15 green grapes, halved                  | 1 cup trail mix                         |
| 15 pieces white cheese, cut into cubes or shapes                 | 2 mandarin oranges, peeled and segmented | 1 cup veggie straws                     |
| 15 pieces cheddar cheese,  | 1 cup snap peas                          | 1 cup white cheddar corn puffs          |
|  |  | 1 cup yogurt covered pretzels           |
|  |  | 1 red apple, halved and thinly sliced   |
- 
- Place the hummus and peanut/almond butter in small serving bowls. Place the bowls on the board.
  - Arrange half of the celery around the hummus and the other half around the nut butter.
  - Place cheese shapes on either side of the board and cheese cubes in the center between the hummus and nut butter.
  - Add the mini oatmeal cookies.
  - Place halved grapes, orange segments, snap peas, and carrots on the board. Keep each item together in groups.
  - Do the same with the remaining ingredients until all items are assembled on the board.
  - Fill a few ribs of celery with hummus and/or nut butter. Place raisins on some and fish crackers on others to represent ants on a log or fish in a stream. Use as garnish.





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

## Spicy Jalapeño Infused Margarita

SERVES: 1

- |                                   |                      |
|-----------------------------------|----------------------|
| 1/3 cup ice, or as needed         | 1 oz. simple syrup*  |
| 3 oz. jalapeño-infused tequila*   | 1 chile lime salt    |
| 2 oz. freshly squeezed lime juice | 1 lime wedge         |
| 1 oz. triple sec                  | 2 jalapeño slices    |
|                                   | mint, for garnishing |

1. Place chile salt on a plate. Run the lime wedge around the edge of the glass and dip into the chile lime salt.
2. Fill the cocktail shaker with ice. Add tequila, lime juice, triple sec, and simple syrup. Cover and shake until mixed and chilled. Strain margarita into glass.

\*Get Abby's recipe for jalapeño-infused tequila and simple syrup at [ingles-markets.com](http://ingles-markets.com)

**A SPICY TWIST ON A REFRESHINGLY DELICIOUS CLASSIC!**





UNICOI PRESERVES  
Suzy & Clark Neal

## Pineapple Upside Down Cake on a Stick

SERVES: 6-8

- 1 Ingles bakery pound cake,  
cut into 1½ inch cubes
  - 1 cup demerara sugar
  - ½ cup Laura Lynn unsalted butter,  
melted
  - 4 cups pineapple chunks, fresh
  - 12 oz. Laura Lynn  
maraschino cherries  
bamboo skewers
1. Dip pound cake cubes into melted  
butter, then roll in sugar.
  2. Roll pineapple chunks in sugar.
  3. Build the skewers by threading  
a cherry, a cake cube, and a  
pineapple. Repeat to fill skewer.
  4. Build all skewers, then preheat  
outdoor griddle to high heat.  
Griddle skewers, turning  
frequently, to caramelize sugar.
  5. Remove and serve. The sugar  
coating on the cake and pineapple  
hardens to a crunchy caramel  
as it cools.

**YOU CAN ALSO COOK  
THESE INSIDE ON A GRIDDLE,  
OR UNDER THE BROILER.**







**KAITLYN BAKER**  
Nashville Recording Artist/Songwriter

## Mexican Street Corn Casserole

SERVES: 5-6

- 24 oz. frozen corn, thawed
- ¼ cup mayonnaise
- ⅓ cup sour cream
- 1 tbsp. lime juice
- 1 tsp. chili powder
- ½ tsp. garlic salt
- 4 oz. crumbled queso fresco or cotija cheese
- 2 tbsp. cilantro, chopped for garnish
- pinch cayenne pepper
- salt and pepper, to taste

1. Preheat the oven to 350°F.
2. Lightly grease a 2-3 quart casserole dish.
3. In a large bowl, mix together corn, mayonnaise, sour cream, and lime juice. Add chili powder, garlic salt, cayenne and mix well. Season with salt and pepper, to taste. Stir in half of the queso fresco or cotija.
4. Bake for 30-35 minutes. Before serving, sprinkle with remaining cheese and chopped cilantro.

**SERVE AS A SIDE DISH  
OR A DIP FOR CHIPS!**



## Curried Deviled Eggs

SERVES: 6

6 hard boiled eggs  
2 tsp. curry powder  
2 tbsp. sour cream  
2 tbsp. mayonnaise  
1 tsp. spicy brown mustard  
2-3 drops hot sauce (optional)  
salt and pepper  
fresh chives and black olives, for garnish

1. Peel eggs and cut in half. Remove egg yolks, place in small mixing bowl and smash with a fork or whisk. Place egg whites on plate and set aside.
2. In a small sauté pan or skillet, heat curry powder over low heat 1-2 minutes, stirring occasionally. This will toast the spices and bring out a richer flavor. Remove from heat and allow to cool.
3. Add sour cream, mayonnaise, mustard, hot sauce and curry powder to the smashed yolks and stir until well combined. Season with salt and pepper.
4. Portion mixture evenly into the 12 egg whites.
5. Garnish with chopped chives and a slice of black olive.



**MARTHA VINING**

Cooking instructor, Food Pantry volunteer,  
Cordon Bleu graduate

**THE EGG YOLK MIXTURE CAN ALSO BE PREPARED  
IN A FOOD PROCESSOR FOR A SMOOTHER MIXTURE  
AND PIPED INTO THE EGG WHITES.**

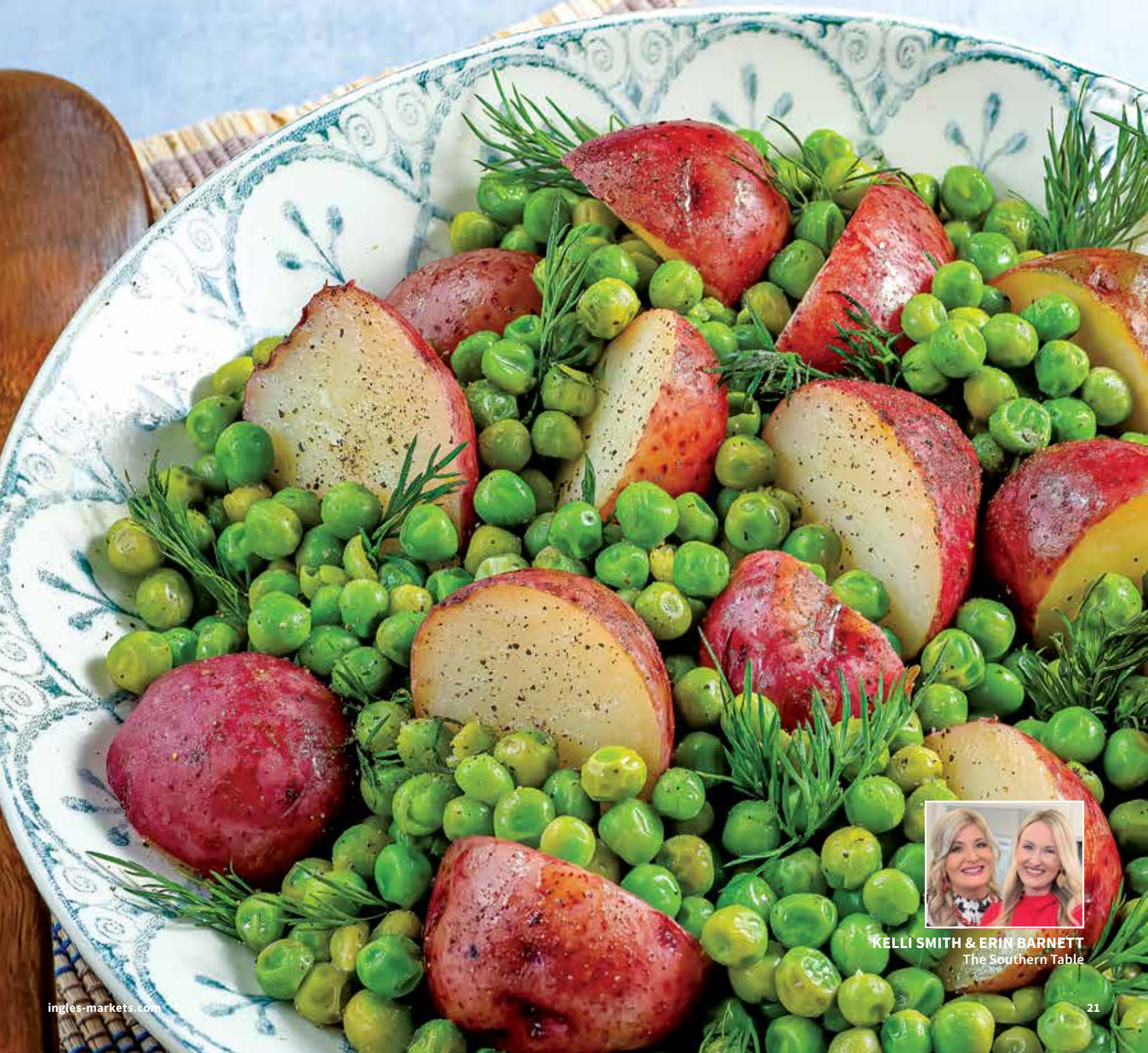


## Dilled Red Potatoes and Peas

SERVES: 4-6

- 2 lbs. red potatoes, halved
- 1 bag frozen Laura Lynn peas
- $\frac{1}{4}$  cup fresh dill leaves
- 4 tbsp. butter
- $\frac{1}{2}$  lemon
- 1 tbsp. olive oil

1. Place red potatoes in medium pot with water and a dash of salt, bring to a boil.
2. Reduce heat and cook for about 8 minutes until potatoes are softened.
3. Add 2 cups of frozen peas and cook until they are bright green.
4. Carefully drain the pot to avoid crushing the potatoes.
5. Once drained, add potatoes and peas back to the pot, add butter and season with salt and pepper.
6. Carefully pour potatoes and peas into a serving dish.
7. Drizzle with olive oil and the juice from half of a lemon. Add fresh dill and gently stir.



KELLI SMITH & ERIN BARNETT  
The Southern Table





**JOHN GIFALDI**  
Personal Chef

## Salmon in a Caper Cream Sauce

SERVES: 2

- |                         |                          |
|-------------------------|--------------------------|
| 2 pieces salmon         | 2 tbsp. capers           |
| 2 tbsp. vegetable oil   | 1 tbsp. parsley, chopped |
| 3 tbsp. butter          | ½ cup flour              |
| 5 garlic cloves, minced | 1 lemon                  |
| 4 tbsp. heavy cream     | pinch pepper and         |
| 2 tbsp. white wine      | sea salt                 |
| 1 tbsp. garlic powder   |                          |

1. Heat oil in a skillet on medium heat.
2. Flour the skin side of the salmon. Shake off the flour and place in the skillet skin side down when the oil is hot.  
When you can see the salmon cooked ½ way up the side turn and cook on other side. Remove to a plate and squeeze lemon over the top.
3. In the same pan, heat butter and sauté garlic until fragrant then add capers, garlic powder, and wine and reduce. Stir in heavy cream. Taste then add salt and pepper and parsley.
4. Return the salmon to the pan with the sauce, heat for 3-4 minutes.





**DR. MONIQUE MAY**  
Board-certified physician  
and Best-selling author  
[physicianinthekitchen.net](http://physicianinthekitchen.net)

PLANT-BASED

## Avocado Waffles

SERVES: 4

- 2 cups whole wheat or regular flour
- ½ cup powdered sugar
- 2 tsp. baking powder
- ½ tsp. salt
- ¼ tsp. baking soda
- ½ tsp. cumin
- 1½ cups unsweetened unflavored plant-based milk
- 1½ sticks plant-based butter, melted
- 2 ripe avocados, mashed well with fork
- ¼ cup fresh cilantro, chopped
- 100% maple syrup, for topping
- additional plant-based butter, for topping
- additional chopped cilantro, for topping

1. In a large bowl, whisk all dry ingredients together.
2. In a separate bowl, mix wet ingredients, including the avocados.
3. Add chopped fresh cilantro to wet ingredients and combine well.
4. Pour the mixture into the flour mixture and stir until just combined. A few small lumps are fine.
5. Preheat waffle iron; spray with non-stick spray, then fill three-quarters full with batter and cook until the waffles are golden and crisp.
6. Serve warm and top with plant-based butter, more chopped cilantro, and 100% maple syrup.

**PAIR THESE WAFFLES WITH PLANT-BASED BREAKFAST SAUSAGES OR A PLANT-BASED CHICK'N PRODUCT TO SIMULATE CHICKEN & WAFFLES.**



# ingles **is** local!

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

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



## ingles

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

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