All new recipes from our table to yours



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Free

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The new year brings with it the opportunity to achieve new dreams and new goals; eat better, save money, get more exercise, and stay healthy. Ingles may not be able to help you with all your goals, but we're certainly going to be here to help you with any food-based goals. Whether you're cutting fat, using more plant-based alternatives, or reducing your sugar intake, our team of Ingles Table chefs has recipes to help you reach your goals.

Everyone loves comfort foods. They keep you warm when it's cold outside and they satisfy you with childhood memories. Chunky soups, rich stews, filling pasta dishes, or decadent desserts, we hope you love the recipes here as much as we do. Don't forget, the Ingles Table continues beyond this magazine. Spend some time at **ingles-markets.com** where you'll find more incredible searchable recipes for every occasion, printable lists to make shopping a breeze, and instructional videos filled with tips and tricks.

From all of us to you... Happy New Year,

Cindy Mixon Vice President Deli Operations, Ingles Markets

You can only find Kaitlyn Baker's Pomegranate and Horseradish Flatbread recipe online at ingles-markets.com.

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YOU'RE GONNA WANT TO WHIP UP SMOKIN' JOE LASHER'S BEEFY TACO SOUP. A TASTY BOWL OF FLAVOR THAT'LL KEEP YOU WARM INSIDE WHEN IT'S COLD OUTSIDE. EXCLUSIVELY AT INGLES-MARKETS.COM





Add a CAN: Can you CANbine?

Especially during the Pandemic, there's been a resurgence of interest in canned foods – they're shelf stable, economical, convenient and help reduce food waste. Think about how you can "**CAN**bine" canned fruits, vegetables, meat or seafood with fresh or frozen products from Ingles Markets for a quick and healthy meal or snack. This will maximize your pantry, reduce food waste and help you put healthy, economical and quick meals on the table for your family.



IDEAS:

• Canned black beans - drain and rinse beans, put them on a tortilla, sprinkle grated cheese and some hot sauce and heat it in the toaster oven. Top with fresh vegetables like chopped fresh tomatoes, or salsa.



WHIP THIS UP AT NIGHT AND TOSS IT IN THE OVEN WHEN YOU WAKE UP. IT'S DELICIOUS!

KAITLYN BAKER Nashville Recording Artist/Songwriter

French Toast Casserole

SERVES: 8-10

- 2 loaves of French bread
- 8 large eggs
- 2 cups 2% milk
- 2 tsp. vanilla extract
- 2 tsp. cinnamon
- 1 tsp. salt
- ³/₄ cup brown sugar
- 1 cup raspberries
- 1 cup blueberries
- ¹/₂ cup powdered sugar
- 1 bottle of real maple syrup (optional)

- 1. Grab your 9x13 casserole dish and grease it up.
- Cut the bread into cubes until the casserole dish is about ³/₄ of the way full.
- In a bowl, mix together eggs, milk, vanilla, cinnamon, salt, and brown sugar.
- 4. Pour the mixture over the casserole.

- 5. Refrigerate overnight.
- 6. Preheat oven to 375°F.
- 7. Bake for about 45 minutes.
- Top with blueberries, raspberries, and powdered sugar. Serve with maple syrup.



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

Croque Monsieur

SERVES: 4

BÉCHAMEL SAUCE

- 3 tbsp. butter
- 3 tbsp. plain flour
- 2 cups whole milk
- 1/2 cup Gruyère cheese, shredded
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. nutmeg
- 1 tsp. fresh thyme, chopped

SANDWICHES

- 8 slices of frozen French toast
- 12 Virginia ham slices (or any other ham sliced)
- 1¼ cups Gruyère cheese, shredded
- 1 tbsp. butter, softened
- 3 tbsp. Dijon mustard
- 1 tsp. fresh thyme, chopped

THESE DELICIOUS SANDWICHES GO PERFECTLY WITH A BOWL OF FRENCH ONION SOUP.

PREPARE BÉCHAMEL SAUCE:

- 1. Melt butter in a medium saucepan.
- 2. Add flour and whisk until incorporated. (about 2 minutes)
- 3. Add milk, continue to whisk until thickened. (about 5 minutes)
- Remove from heat and add Gruyère, salt, pepper, nutmeg, and thyme

PREPARE SANDWICHES:

- 1. Butter one side of each slice of French toast.
- 2. Put Dijon mustard on the other side of each slice.
- Put 4 pieces of the French toast in skillet, or griddle, on medium-low heat, buttered side down.
- 4. Place 3 slices of ham on each of the 4 slices of French toast.

- 5. Add 1/4 cup Gruyère cheese on top of the ham.
- 6. Top those 4 with another slice of French toast, buttered side up.
- Cook for a few minutes to warm the ham and melt the cheese.
 Flip sandwiches over for an additional minute.
- Remove from heat and put each sandwich on a foil-covered sheet pan.
- Ladle 1/4 cup, or more, of Béchamel sauce on to the top of each sandwich.
- 10. Sprinkle each with one tbsp. shredded Gruyére cheese and some chopped thyme.
- Broil in oven for a couple of minutes, until cheese is bubbly and lightly browned.



KELLI SMITH & ERIN BARNETT

Southern Style Nachos SERVES: 4

- bag Ingles store-made tortilla chips cup pickled jalapeños 1
- 1
- 16 oz. container fully-cooked pulled pork BBQ 1
- container Ingles store-made pico de gallo
- container Ingles store-made guacamole 12 oz. container Laura Lynn jalapeño pimento che<u>ese</u>
- oz. cheddar cheese, shredded 8
- 8 oz. sour cream

- Line your baking pan with parchment paper.
 Cover baking pan with a layer of tortilla chips.
 Scoop spoons of BBQ pulled pork onto chips. followed by all of the cheese.
- Broil on high until cheese melts.
- Top with dollops of sour cream, jalapeños, guacamole, and pico de gallo.



*NEED MEAT IN YOUR CHILI? ADD IT TO THE POT IN STEP 1 AND ALLOW TO FULLY COOK BEFORE



HALEY HAYNES @lauralynnobsessed

Sweet Potato and Veggie Chili SERVES: 4-6

- 2 tbsp. Laura Lynn olive oil
- 1⁄2 onion, chopped
- 1 green pepper, chopped
- 1 apple, chopped
- 2 sweet potatoes, peeled and diced garlic, to taste
- 2 jalapeños, chopped
- 15.5 oz. can Laura Lynn 1 black beans
- 1 15.5 oz. can Laura Lynn garbanzo beans
- 1 14.5 oz. can Laura Lynn diced tomatoes
- 1 13.5 oz. can Laura Lynn coconut milk
- 2 cups Laura Lynn vegetable broth
- 1 packet Laura Lynn chili seasoning mix
- **GARNISHES (OPTIONAL)** Greek yogurt fresh cilantro green onions or chives, sliced apples, chopped
- Heat olive oil in a Dutch oven. 1. over medium heat, and then add your onion, green pepper, and jalapeños, sautéing until translucent (about 7 minutes)*
- 2. Add apples, sweet potatoes, garlic, and the Laura Lynn seasoning packet. Make sure to give the ingredients a good stir to combine.
- 3. Add black beans, garbanzo beans, diced tomatoes, coconut milk, and vegetable broth - stir. Bring to a boil for about 5 minutes and then reduce to a simmer for at least 45 minutes before serving.
- Serve this hearty dish up with a 4. dollop of Greek yogurt (in place of sour cream) and garnish with fresh cilantro, green onions, apples and/ or chives.

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

Italian Sausage Skillet SERVES: 4

- Ib. hot Italian sausage, ground
- 15 oz. can diced tomatoes
- cup baby spinach
- 1/2 white onion, chopped cups spiralized zucchini 2
- and/or squash
- 1/2 cup mozzarella cheese, shredded
- cup Parmesan cheese, shredded 1/4
- 1 tbsp. Italian seasoning
- tbsp. garlic, minced 1
- lemon, juiced 1/2
- 1/2 tbsp. olive oil
- Heat olive oil in a large skillet over 1. medium heat and add onion. Stir until translucent.
- 2. Add in ground sausage and brown thoroughly.
- 3. Add tomatoes and mix, simmering for 2 minutes.
- Mix in Italian seasoning and garlic; 4. mix well.
- 5. Mix in baby spinach and cook until wilted.
- 6. Add in the "zoodles" and mix, cooking for about 3 minutes.
- 7. Cut heat and sprinkle with Parmesan and then mozzarella cheese; let melt.
- Just before serving, squeeze lemon 8. juice across the entire dish.

THIS QUICK AND EASY ONE-SKILLET MEAL IS PERFECT WHEN YOU WANT COMFORT FOOD WITHOUT MAKING A MESS OF THE KITCHEN.



JULIA BROCAILE Mom and wife with a passion for creativity

Zuppa Toscana SERVES: 6-8

- 2 tbsp. butter
- 1 Ib. ground breakfast sausage
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2¹/₂ cups Yukon Gold potatoes, *diced*
 - carrots, sliced
- cups chicken bone broth
- cups kale, chopped or shredded can full-fat coconut milk
- Salt and pepper, to taste

- In a large pot, melt butter in medium heat. Add onions and let simmer for 3-5 minutes.
 Add minced garlic and stir.
 Add ground sausage, stir to
- Add ground satisfage, sail to break up into small pieces and sauté until browned.
 Turn to high heat and add carrots, potatoes, and broth. Bring to a boil and then turn

heat back down to medium and cover pot for 5-10 minutes until potatoes and carrots are soft. Remove lid, turn to low heat, and add kale, coconut milk, and salt and pepper. Cover again for 5 minutes and then remove from heat.

5.

ENJOY WITH A LOAF OF CRUSTY SOURDOUGH BREAD FROM THE INGLES BAKERY!

he Ingles Table



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

Lemon-Butter Noodles with Salmon

SERVES: 6

- 4 6-8 oz. salmon filets
- 1 lemon, thinly sliced rounds
- 1/4 cup olive oil
- 1 lb. spaghetti noodles
- 4 tbsp. butter
- 1 tbsp. garlic, minced
- ½ cup heavy cream
- 1 lemon, zested and juiced
- 1 cup cherry or Roma tomatoes, sliced
- 1⁄2 tsp. red pepper flakes
- 2 tbsp. Italian parsley, chopped
- 1/2 cup Parmesan, grated kosher salt, to taste coarse ground black pepper, to taste

- 1. Preheat oven to 350°F and line baking sheet with foil.
- 2. Coat salmon fillets with olive oil and season with salt and pepper. Place lemon rounds under and on top of salmon, then bake for 25 minutes until salmon is cooked through and flaky.
- 3. While salmon is baking, boil noodles according to instructions on the box and then drain, reserving 1 cup of pasta water for later.
- 4. In large skillet over medium heat, melt butter and stir in tomatoes until they begin to soften, then add garlic until fragrant, about 1 minute. Add heavy cream, lemon juice and zest, and pasta water. Whisk to combine, then season with salt, pepper, and red pepper flakes.
- 5. Turn off heat and add noodles, tossing to coat.
- 6. Crumble and add salmon with chopped parsley; toss to coat.
- 7. Finish with a sprinkling of Parmesan cheese.



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

Pork and Green Chile Stew

SERVES: 8-10

- 5 lb. +/- pork butt, cubed into ¼ to ½ inch pieces
- 2 48 oz. boxes of chicken stock or broth
- 2 tbsp. garlic, minced
- 2 large white onions, cut into ½ inch pieces
- 4 4 oz. cans diced green chiles
- 2 28 oz. cans stewed tomatoes, diced
- 2 29 oz. cans of hominy Sour cream, for garnish Flour tortillas, to accompany

- 1. De-bone pork and cut it into ¼ to ½ inch cubes. Remove as much fat as possible.
- 2. Sear cubed pork to caramelize and place in a large stock or soup pot.
- 3. Add chicken stock/broth and garlic; bring to a slow boil over medium to high heat.
- 4. Add onion, green chile, and stewed tomatoes. Stir to combine all ingredients and bring to a low simmer for 60-90 minutes. Simmer with lid to pot slightly open.
- 5. Once pork is cooked through and tender, add hominy and simmer, without lid, until hominy is heated through.
- 6. Serve with a dollop of sour cream and accompany with flour tortillas.



KELLI SMITH & ERIN BARNETT The Southern Table

Meatless Stuffed Peppers

SERVES: 4

- 3 bell peppers, halved and seeded, membranes removed
- 2 tbsp. olive oil
- 1 16 oz. jar Abby J's Black Bean and Herb Salsa
- 1 container of Ingles store-made pico de gallo
- 1 15 oz. jar of Laura Lynn pinto beans, drained and rinsed
- 2 8.5 oz. pouch of jasmine rice, cooked
- 1 small bunch of cilantro
- 1 fresh lime

WATCH THE VIDEO AT INGLES-MARKETS.COM TO SEE A CLEVER WAY TO MAKE STUFFED PEPPERS.

- 1. Slice and prep your peppers and place them in a baking dish, drizzle with 1 tbsp. olive oil.
- 2. In medium sized mixing bowl, combine salsa, beans, and rice.
- 3. Scoop equal amounts of salsa mix into peppers, top with remaining olive oil.
- 4. Bake in oven at 350°F for about 20 minutes, until peppers soften.
- 5. Top with fresh pico de gallo, cilantro, and fresh lime juice.



UNICOI PRESERVES Suzy & Clark Neal

Lighter New Orleans Pizza

SERVES: 4

- 1 pre-made thin pizza crust
- 1/2 cup Laura Lynn pizza sauce
- 1/8 tsp. cayenne pepper
- 1/4 cup Ingles rotisserie chicken breast, diced
- 1/2 cup Laura Lynn low moisture, part skim shredded mozzarella cheese
- 3 oz. link Andouille sausage, thinly sliced
- 1/4 cup red onion, diced
- 1/4 cup mixed colored bell peppers, diced
- 1 tbsp. curly parsley, chopped
- 1. Preheat oven to 425°F. Line a baking sheet with parchment paper, then place pizza crust on prepared pan.
- 2. Add pizza sauce and cayenne pepper to a small bowl, mix, then stir in diced chicken breast. Spread sauce over pizza crust, then top with mozzarella cheese.
- 3. Evenly distribute sausage over the pizza, then add the onion and bell peppers.
- 4. Bake 10-12 minutes or until toppings and crust are heated through, and cheese is melted.
- 5. Remove from oven, top with parsley, slice and serve.

WE LIKE TO USE FULLY-COOKED ANDOUILLE SAUSAGE AND ROTISSERIE CHICKEN, SUCH A TIME SAVER!



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

Beef and Bean Stir-Fry

SERVES: 4

- 1 tbsp. garlic, minced
- 1 lb. ground beef
- 1 cup pineapple juice
- 2 tbsp. Asian seasoning
- 1 tbsp. oyster sauce
- 2 tsp. sugar in the raw
- 1 cup green beans
- ¼ cup cashews
- 2 tbsp. soy sauce

- 2 tbsp. fish sauce
- 2 tbsp. lemon juice (or lime juice)
- ¹/₂ cup cilantro, chopped
- ¼ cup mint leaves, chopped
- 1/4 cup jalapeño, chopped
- ¹/₂ cup red bell pepper, chopped

PAIR WITH YOUR FAVORITE RICE FOR A DELICIOUS MEAL

- 1. In a large wok or skillet, brown beef.
- 2. Add garlic, Asian seasoning, pineapple juice, oyster sauce, sugar, soy sauce, lemon or lime juice, and fish sauce. Simmer for 10 minutes or until the liquid reduces.
- Add green beans, jalapeño, and red bell pepper; sauté for 3 minutes, or until the vegetables are tender but still crisp.
- 4. Add cashews, cilantro, and mint. Sauté for 1 minute.
- 5. Transfer to a serving dish and enjoy.

SPICE UP YOUR NEXT GRILLED CHEESE!



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

Spicy Roasted Cherry Tomato Grilled Cheese Sandwich

- 1 pint roasted cherry tomatoes
- 1 loaf Ingles tuscan bread, cut into 4 thick slices
- 1 cup Mexican cheese, shredded
- 2 tbsp. mayonnaise
- 1 jalapeño, sliced thinly (to make less spicy cut jalapeños into strips and remove seeds)
- 1/2 cup butter
- 2 tbsp. fresh basil, chopped

EASY ROASTED CHERRY TOMATOES

In an oven-safe dish, toss tomatoes, 3 tbsp. olive oil, and garlic salt; bake at 400°F for about 15 minutes.

- Preheat the oven to 400°F.
- 2. Heat a 12 inch cast iron skillet with 1 tbsp. butter.
- 3. Spread butter on one side of bread.
- 4. Mix together the mayonnaise and basil.
- 5. Spread the basil-mayonnaise mixture on the other side of the bread.
- 6. Put the roasted tomatoes on the bread.
- 7. Add the Mexican cheese to the bread.
- 8. Top with the sliced jalapeños.
- 9. Place the sandwich in the hot iron skillet.
- 10. Put in the oven for 15 minutes and turn over after 7 minutes.
- 11. Take out of the oven and slice the sandwich in half.

ONLY 380 CALORIES PER SERVING



SWEET MEMORIES Brother & Sister, John Gifaldi & Patty Hei Personal Chefs

Low-Cal Chicken **Pot Pie**

SERVES: 2

- oz. cooked chicken, 4 diced
- ¹/₂ onion, chopped
- 1 tbsp. olive oil
- ²/₃ cup frozen mixed
 vegetables, *defrosted*1 frozen puff pastry
- sheet, thawed
- ½-1 cup chicken broth1tbsp. corn starch¼tsp. salt

- tsp. pepper tbsp. hot sauce (optional) 1/4

Preheat ove<mark>n to</mark> 400°F. In a large oven-safe skillet, in a large oven-sale skillet, sauté onions in olive oil until tender. Add chicken; season with salt and pepper. Add frozen vegetables and sprinkle with corn starch, stirring until everything is coated. Add in chicken broth and hot sauce and simmer for 5 minutes, stirring frequently. Remove from heat. Cover the mixture with the thawed pastry sheet. Place skillet in the oven for 20 minutes. Let cool for 5 minutes and serve.

3.



SWEET MEMORIES Brother & Sister, John Gifaldi & Patty Heiden Personal Chefs

Quick & Easy Chicken Cordon Bleu

SERVES: 6

- 6 boneless skinless chicken breasts
- 12 Swiss cheese slices
- 12 Canadian bacon slices
- 1 tbsp. olive oil
- 1 pinch salt, pepper, garlic powder
- 1/2 cup toasted breadcrumbs
- 1. Using a sharp knife, cut slices into the chicken about 2" apart, but don't cut all the way through. Drizzle with olive oil and spices. Cut the Canadian bacon and Swiss cheese in half, and place one of each in the slices you made in the chicken. Sprinkle with toasted breadcrumbs.

ENJOY THE ELEGANT & DELICIOUS

FLAVORS OF THE CLASSIC IN NO TIME.

 Bake at 400°F for 30 minutes or until the internal temperature reaches 160°F. Remove from oven, tent with foil and let rest for 5 minutes before serving.



KELLI SMITH & ERIN BARNETT The Southern Table

Roasted Vegetable Salad

- 1 red onion, chopped small butternut squash, cubed 1
- 10 baby potatoes, cubed carrots, chopped 2
- 2 cups (bagged) broccoli and cauliflower florets Stilling.
- tbsp. olive oil, divided 2
- handfuls arugula salad mix 4
- 2 tbsp. balsamic vinegar
- tbsp. each of fresh basil, cilantro, 2 and parsley, finely chopped
- pinches sea salt and black pepper, 2 divided
- 4 oz. container of light feta cheese 1

A TASTY DISH THAT'S ALSO HEALTHY

5.

6.

- 1. Preheat oven to 350°F.
- 2. In a bowl, combine all chopped veggies with 1 tbsp. olive oil and half the salt and pepper.
- 3. Place on a sheet pan and bake for 45 minutes.
- In a bowl, mix together the rest of the 4.

olive oil, salt, pepper, along with the vinegar and herbs.

- Remove vegetables from the oven.
- Divide the salad mix between 2 bowls, top with roasted vegetables, and drizzle the dressing on top. Finish off the salad with a sprinkle of feta.



CAROLINE TAYLOR Market President, iHeart Media

Slow-Cooked Asian Beef Short Ribs

- 8 beef short ribs, cut into 4 equal servings
- ¹/₂ cup soy sauce

100

- 10 oz. bottle teriyaki sauce
- 4 lg. garlic cloves, minced
- 14.5 oz. can tart cherries
- ¹/₄ cup rice wine vinegar
- 1/2 cup honey
- 4 cups mashed potatoes (Ingles Deli)

Combine all of the ingredients together, except mashed potatoes, in a crock pot. Simmer on low for 6 hours, until meat is tender and easily pulls apart. Serve on a bed of mashed potatoes and top with cooking liquid.

1

FALL-OFF-THE-BONE DELICIOUS!



JULIA BROCAILE Mom and wife with a passion for creativity

Instant Pot Split Pea Soup

SERVES: 6-8

- 4 tbsp. butter
- 1 onion, diced
- 2 large carrots, diced
- 2 celery stalks, diced
- 1 smoked ham hock, chopped / ham bone
- 1 lb. bag dry split peas, rinsed
- 6 cups chicken bone broth
- 2 bay leaves salt and pepper, to taste fresh parsley, garnish

PAIR WITH A GRILLED CHEESE SANDWICH FOR THE ULTIMATE COMFORT MEAL!

- 1. Set instant pot to sauté mode and melt butter. Place carrots, onion, and celery and stir to combine. Sauté for 5 minutes until vegetables are softened.
- 2. Add split peas, ham, broth, and bay leaves, and stir to combine all ingredients.
- 3. Cover instant pot with lid and switch from "sauté mode" to "manual" and cook on high pressure for 15 minutes with the pressure valve closed.
- 4. Once timer has gone off, let pressure naturally decrease for 10-15 minutes before opening the quick release pressure valve.
- 5. Add salt and pepper, to taste, and stir thoroughly and garnish with fresh parsley.



UNICOI PRESERVES Suzy & Clark Neal

Air Fryer Buffalo Chicken Not Wings

SERVES: 3-4

- 2 lbs. Harvest Farms boneless, skinless chicken thighs
- 8 oz. air fry spicy chicken seasoned coating mix
- 1 egg
- 1 tbsp. water Laura Lynn nonstick cooking spray
- 12 oz. bottle of your favorite buffalo wing sauce carrot and celery sticks, for garnish
- 1. Preheat air fryer at 400°F for 5-10 minutes while you prep the chicken.
- 2. Cut each chicken thigh in three similar size pieces.
- Whisk egg and water together in a shallow bowl. Add seasoning mix to a separate shallow bowl.
- Moisten each chicken piece in egg wash, then coat chicken with coating mix, pressing lightly to ensure maximum coverage.
- 5. Spray preheated air fryer basket with nonstick cooking spray, then place chicken pieces in a single layer in the basket. Depending on the size of your air fryer, you may have to cook in batches. Air fry 10 to 15 minutes, until crispy, turning chicken over halfway through cooking time.
- 6. While chicken is cooking, make the ranch dip (recipe below).
- Remove cooked chicken, place into large bowl, and toss with as much Buffalo sauce as you like.
- 8. Serve chicken not wings with carrots, celery, ranch dip, and plenty of napkins.

Easy Ranch Dip

- 2 cups Laura Lynn Greek plain nonfat yogurt
- 1 oz. package Laura Lynn ranch dip mix
- 1. In a small bowl, mix the dip ingredients together.





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

Luscious Banana Trifles

SERVES: 4-6

- 1¹/₂ cup all-purpose flour
- ³⁄₄ cup butter, melted
- ¹/₂ cup walnuts, chopped
- 16 oz. cream cheese, softened
- 3 tbsp. Splenda
- 8 oz. lite whipped topping
- 3 1.5 oz. packets sugar-free instant vanilla pudding
- 3¹/₂ cups whole milk
- 3 bananas, overripe/spotted
- 8 oz. lite whipped topping
- OPTIONAL GARNISHES
 - mini chocolate chips chopped walnuts fresh berries

- 1. Pre-heat oven to 350°F.
- 2. In a mixing bowl, combine flour, melted butter, and walnuts, mixing to make a dough.
- Spread evenly on a sheet pan and bake for 20 minutes. Allow to cool before crumbling.
 With a mixer, or by hand, beat cream cheese with Splenda. Carefully fold 1/2 to 2/3 of the container of whipped topping into the sweetened cream cheese until smooth, light and fluffy. Scrape into a piping bag, set aside.
- 4. In the same bowl, add milk and instant pudding, whipping until smooth. Beat in the bananas to create a thickened banana pudding. Set aside.
- 5. Fill the bottom of each individual trifle cup with about 2 tbsp. of the crumbled dough and a few chocolate chips.
- 6. Pipe in a layer of sweetened cream cheese on top of the crumbs/chips.
- 7. Spoon a thick layer of the banana pudding over the cream cheese layer.
- 8. Dollop the top of each cup with remaining whipped topping, chocolate chips, and nuts.
- 9. Cover loosely and refrigerate until set and serve.



DELICIOUS BEAUTIFUL AFFORDABLE



thechefskitchen.com