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Editorial Director: Melissa Leavell, PhD - Advertising Director, Ingles Markets • Creative Director Michael McMurtrey/Blueplate Creative Food Stylist Michael McMurtrey • Photographer: Roger Downes/Roger Downes Photography • Additional Photography: Bclip Productions

If you haven't tried the many types of squash on the shelves before, don't be scared, give them a try. Squash is an affordable food that is easy to prepare and packs a lot of taste and nutrition. When choosing Fall/ Winter squash, what to look for can seem the opposite of what you think. Most Fall/ Winter squash is harvested in the Summer and then "cured" to harden their exteriors. You'll want to look for vivid and deep skin colors with a matte skin. A shiny skin is an indication that it was hurried through the curing process. Also, look for stems that are dry, even fibrous or frayed. A fresh green stem means that it was harvested before it was ready.

ACORN

Dark green, deeply ribbed, with a shape that resembles an acorn, this tender-firm squash will keep its shape when cooked. The mild flavor makes the perfect choice for stuffing, mashing, and baking.

BUTTERNUT

This yellowish-beige skinned squash is named for its peanut-like shape. It has dense vibrant orange flesh that is sweet and slightly nutty. Butternut will get very soft and fall apart as it cooks. The skin is edible but most people choose to peel before cooking. Great for soups, pies, purees where a little sweetness is wanted.

DELICATA

Yellow with green stripes in the shallow ridges from top to bottom. The skin is thin and edible which makes them difficult to store for long periods of time. The yellow flesh is rich and sweet

with a taste compared to chestnuts, corn, and sweet potatoes. This quick-cooking squash is delicious baked or broiled with a bit of olive oil or butter.

PIE PUMPKIN

The smaller "pie" pumpkins differ from the larger "carving" pumpkin in that it has been bred for sweetness and not size. You will find this small orange-skinned squash to be mildly sweet with a rich pumpkin flavor making it perfect for pies, soups, and stews.

SPAGHETTI

About the size of a football, this bright yellow squash is very different from most squash. After baking, use a fork to pry out strands of dense flesh. Its name comes from the similar look and application as spaghetti. The flavor is mild allowing it to pair well with any sauce (e.g. marinara or pesto) you may serve with pasta.





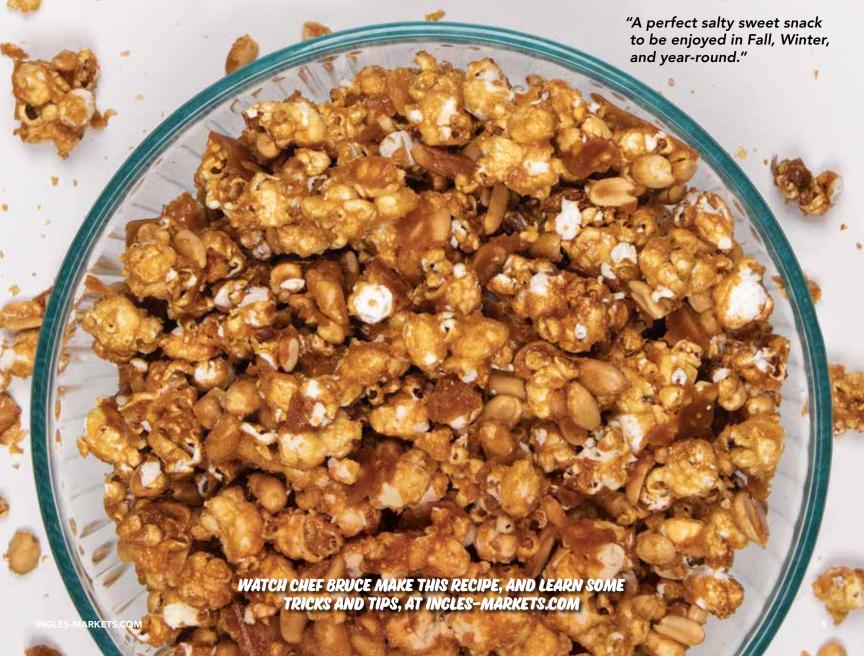
CHEF BRUCE BROWN

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

Jacker Crack

3 tbsp. popcorn oil
1/2 cup popcorn kernels
1 cup light brown sugar
1/4 cup light corn syrup
1/2 cup butter
1 1/2 tsp. salt
1/2 tsp. baking soda
2 1/2 - 3 cups roasted
salted peanuts

Preheat oven to 300°F. Heat oil in a large, lidded, saucepan over medium-high heat. Place three kernels in the oil, cover and wait to pop. Once the third kernel has popped, add the remaining kernels. Replace the lid and gently shake. As the kernels begin to pop, reduce the heat to medium and continue to shake and cook the popcorn until the popping slows noticeably. Remove from heat and allow to cool. In another sauce pot, combine brown sugar, corn syrup, butter, and salt over medium heat. Cook until all ingredients are melted and the mixture is smooth. Add baking soda and stir. Pour the popped popcorn into a large mixing bowl, adding the peanuts on top. Carefully pour the caramel into the mixing bowl, over the popcorn and nuts, gently folding and stirring until coated. Scrape the popcorn mixture onto a parchment-lined, rimmed baking sheet, sprayed with non-stick spray. Bake in the oven for 15 minutes, stirring once, and the mixture is golden brown. Allow to cool before breaking apart and serving.











Peanut Butter & Jelly French Toast

SANDWICH

1 loaf of your favorite sliced sweet bread Laura Lynn peanut butter Unicoi Preserves vanilla strawberry spread Laura Lynn salted butter

BATTER

1 egg 1/2 cup half and half Make a peanut butter and jelly sandwich as you would normally do. In a bowl, mix egg, milk, pinch of cinnamon, vanilla and sugar. Using a nonstick sauté pan hot, add salted butter to melt. Now dip the made sandwich in the batter. Place in sauté pan at medium-high heat, cook 2-3 minutes on each side. Sprinkle with powdered sugar, grab a gigantic glass of ice cold milk, and destroy! Send me thank you's later!



MEALS ON THE CONTRACT OF THE C

Instant Garlic Noodles

- 8 oz. brown rice noodles 2 chicken breasts
- 1 small head of broccoli, chopped into florets
- 1 zucchini, diced
- 1 red bell pepper, diced or in strips
- 4-6 cloves garlic, chopped
- 2 tbsp. olive oil
- 2 tsp. garlic powder
- 6 tbsp. hoisin
- 2 cups water
- 1-2 green onions, sliced sesame seeds, optional

Set an electric pressure cooker to sauté. Once heated, add olive oil and chicken. When chicken is almost cooked all the way through, add garlic to the pot. As soon as the garlic turns a light golden brown, add water and hoisin sauce; stir. Break brown rice noodles in half and spread them in one or two layers (crisscross). Add garlic powder and vegetables. Press cancel, lock on the lid, and close the pressure valve. Cook at high pressure for 5 minutes. Allow pressure to release naturally for 2 minutes then manually release the rest of the pressure. Open the pot and stir the pasta noodles, allowing the noodles to separate. Top with sesame seeds, green onions, and serve hot.







MICHAEL MCMURTREY

Graphic Designer / Food Stylist blueplatecreative.com / deletethemeat.com

Halloween Treats







JASMIN QUEEN

Winner, "My Diet is Better than Yours"

Cranberry Apple Cobbler

5 – 6 apples, your favorite variety 1 tbsp. lemon juice 1 tbsp. cornstarch 1/2 tsp. ground ginger Preheat oven to 425°F. Peel, dice, and core apples. Place them in a medium sized bowl and mix them with the lemon juice, cornstarch, half of the ground ginger, half of the ground cinnamon, cranberries,

1/2 tsp. ground cinnamon 1/2 cup dried cranberries 1/4 cup honey 2 tbsp. maple syrup

1 cup baking mix 1/2 cup 2% milk 2 tbsp. turbinado sugar

and honey. In another mixing bowl, combine the maple syrup, baking mix, remaining ginger, remaining cinnamon, and milk. Stir until it is the consistency of biscuit dough. Divide fruit mixture between 6 to 8 ramekins sprayed with cooking spray, and top with a dollop of biscuit dough. Sprinkle turbinado sugar on top of dough. Bake for 20 minutes, until the fruit is soft and the topping has baked to a golden brown. Allow to cool slightly and serve warm.

> WATCH JASMINE MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM





Owner, The Crest Center

Citrus Marinated Carne Asada Fajitas

MARINADE:

1 cup orange juice
1/4 cup olive oil
1/4 cup fresh cilantro, chopped
2 whole limes, halved
1 large orange, quartered
2 tbsp. garlic, minced

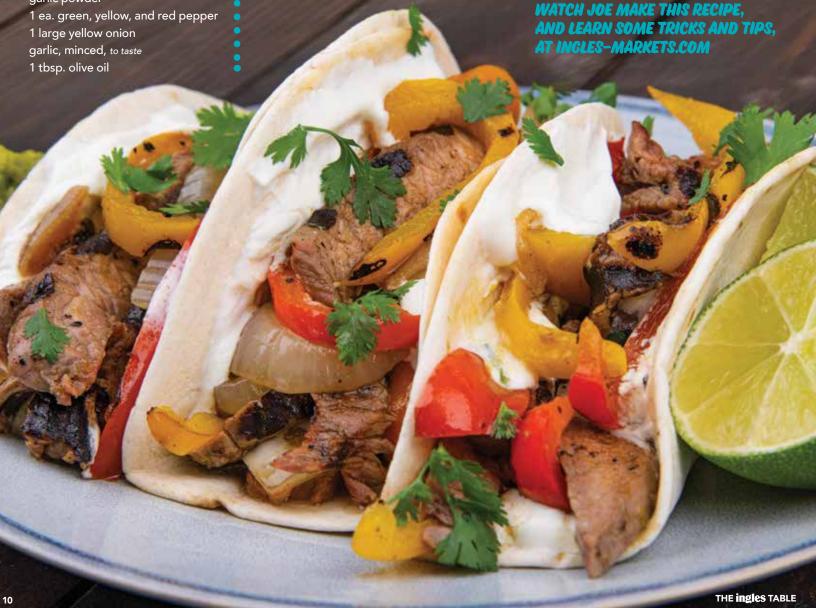
INGREDIENTS:

1 - 2 lb. top round (or skirt steak)
1 tbsp. olive oil salt and pepper garlic powder
1 ea. green, yellow, and red pepper
1 large yellow onion

Place top round steaks into 1-gallon freezer bag with orange juice, olive oil, cilantro, and garlic. Squeeze the juice of the orange and limes into bag; drop the peels in as well. Seal the bag, removing as much air as possible. Place in refrigerator for minimum 4 hours, up to 24 hours. When ready to cook, remove meat from marinade and dry with paper towels. Rub with olive oil and coat with your favorite steak seasoning, or simply salt, pepper, and garlic powder. Let sit for approx. 1 hour at room temp after coating.

On gas or charcoal grill: heat grill to 400°F using only one side for heat. Place meat on indirect heat (side with no flame/coals) for approx. 5 minutes on each side or until internal 110°F. Sear on direct heat for 1-2 minutes, then remove.

In oven: wrap meat in foil and bake at 300°F for approx. 30 minutes, or until internal temp of 110°F. Sear on stove top in hot pan for 1 minute on each side. Sauté peppers and onions in olive oil and garlic until desired doneness, or until translucent. Thinly slice meat against the grain and place on bed of peppers and onions. Serve with tortillas and all of your favorite Mexican dinner sides! And don't forget the hot sauce!







CHEF ABBY J

Owner/Chef, Blackhawk Flyfishing Abby J's Gourmet

Pumpkin Spice







CHEF DEREK ST. ROMAIN

Regional Coordinator, Backyard Bow Pro

Clifty Farms Country Ham Stuffing

1/2 stick butter, unsalted 1 onion, diced

1 stalk celery, diced

1/2 bunch collard greens, cleaned and chopped

1/2 lb. Clifty Farms country ham, diced

1 tbsp. cajun seasoning

1 cup chicken stock

1 cup white wine

2 eggs, beaten

2 cups stale french bread, diced

2 cups stale cornbread, diced

Preheat your oven to 375°F. In a large cast iron pot or skillet, melt butter over medium high heat. Then, add onion, celery, and collards. Saute for about 5 minutes. Then add Clifty Farms country ham and cajun seasoning; cook another 3 - 4 minutes. Add chicken stock and white wine; let simmer. In a separate large bowl, beat 2 eggs and add the french bread and cornbread. Pour the entire collard green and ham mixture, from the cast iron pot, into the bowl; mix well. Transfer to a baking dish and cook in the oven, uncovered, for 45 minutes.





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Leah'STIPS

school at home SNACKS

For many, the pandemic has resulted in changes to school plans. If your children are at home more; having easy healthy meals and snacks available may make things easier for both parents and kids. Let's look at some items that can be prepped and frozen ahead of time. This way, all but the youngest of children may be able to get their own breakfast, snack, or lunch. Trying to combine complex carbohydrates (whole grain/whole wheat bread, oatmeal or whole wheat or whole grain waffles, fruits) with a protein (eggs, cheese, nut butters, milk or soy milk) will give children the nutrition they need to learn.

HERE ARE SOME IDEAS:

I. MINI MUFFINS - use your favorite recipes or use a boxed mix (no shame in that!) To make batches of mini muffins. Once cooled, transfer to freezer bags thaw or microwave when ready to use.

BREAKFAST: 1-2 mini muffins with scrambled eggs, apple slices or 1/2 banana and a glass of milk or soy milk.

SNACK OR LUNCH: I mini muffins with peanut butter and a glass of milk or soy milk

2. EGGS - make a breakfast casserole that can be cut into square and frozen or mini quiches using mini muffin tins.

BREAKFAST: egg casserole square or mini egg muffin with whole wheat toast, fresh fruit and milk or soy milk.

SNACK OR LUNCH: egg casserole square or mini quiche with fresh fruit and a glass of water.

3. WAFFLES - make your own waffles and freeze or use frozen whole wheat/whole grain waffles (remember, no shame!)

BREAKFAST: I-2 toasted waffles with

BREAKFAST: I-2 toasted waffles with a small amount of syrup or honey, I/2 banana, fresh, frozen or canned fruit, one scrambled or fried egg, glass of milk or soy milk

spread with peanut butter and jam/jelly and a glass of milk or soy milk or water.

4. OVERNIGHT OATS - use old fashioned rolled oats mixed with dried fruits (raisins, date pieces), nut milk, or soy milk, in one large (or multiple small) containers. This whole grain breakfast can be eaten cold or microwave for 30-45 seconds for a hot bowl of goodness.



Stay healthy!
—Leah

Leah McGrath, RD, LDN
Corporate Dietitian for Ingles Markets
Ingles-markets.com/ask_leah
Imcgrath@ingles-markets.com
twitter.com/InglesDietitian • 800-334-4936





SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

Steak with Gremolata Sauce

1 lb. flank steak, blade steak, or bottom round steak (about 1" thick)
1 cup fresh parsley
2 garlic cloves
zest of 1 lemon
extra virgin olive oil
2 pieces sun dried tomatoes, packed in oil
salt and pepper
crushed red pepper flakes
2 tbsp. vegetable oil
1 tbsp. butter
focaccia, or other crusty bread

MEAT:

Place the meat on a board and salt both sides, letting the meat come to room temperature. After about 20 minutes, use a paper towel to pat the meat, removing any moisture. In a skillet, heat vegetable oil until you can see it ripple. Place the steak in the pan – you should hear it sizzle – and cook for 2 minutes. Check to see if the meat is brown, then turn the meat, add the butter, and cook for another 1 1/2 minutes. Remove from skillet and cover with foil.

GREMOLATA:

In a small food processor, combine parsley, garlic, lemon zest, and sundried tomatoes; then slowly add the olive oil, along with a dash of crushed red pepper. It should resemble a loose pesto.

ASSEMBLY:

Uncover the steak and cut into thick slices, against the grain.

Place the meat on sliced bread and top with gremolata sauce.

WATCH JOHN & PATTY
MAKE THIS RECIPE, AND
LEARN SOME TRICKS AND TIPS,
AT INGLES-MARKETS.COM

"We like to serve with extra sauce and bread on the side for dipping."





JONATHAN AMMONS

Bartender • Cook • Writer dirty-spoon.com @jonathanvv

(Leftover) Turkey Herder's Pie







DEBORAH ADAMS

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







CHEF ABBY J

Owner/Chef, Blackhawk Flyfishing Abby J's Gourmet

The Ultimate Autumn Harvest Cheese Board

1 bunch kale Grapes

Red pepper roasted hummus
Salted pumpkin seeds
Brie Cheese Slices
Blue Cheese
Cheddar Cheese Slices

Green Olives Mixed Nuts Pears
Apple slices

Orange slices
Dried apricots

Hot capicola Prosciutto

Pecan raisin bread

Pumpkin oat crackers

Lay your kale out on a board, to balance all of the ingredients. Next, put hummus in a bowl, top with salted pumpkin seeds, and place on the board. Place bowls of olives and nuts on the board. Add your cheeses, fruits, and meats and arrange as you like. Lay your bread and crackers in a separate bowl and serve.

"Use my suggested ingredients as a guide. Fill your board with items you love."





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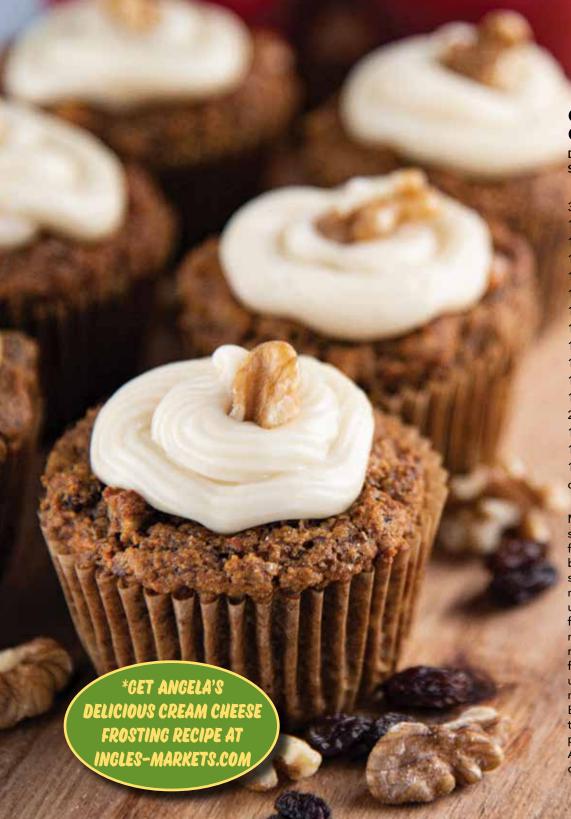


HALEY HYNES

@lauralynnobsessed

Homemade Doggie Treats





Carrot Cake Muffins with Cream Cheese Frosting

DAIRY FREE - EGG FREE - GLUTEN FREE SOY FREE - *NUT FREE OPTIONAL

3 tbsp ground flax seed

1/2 cup water

1 1/2 cups gluten free all-purpose flour

1/2 cup brown sugar

1 1/2 tsp. baking soda

1 tsp baking powder

1 tsp cinnamon

1/2 tsp cloves

1/2 tsp nutmeg

1/2 tsp salt

1/2 cup applesauce

1/4 cup melted coconut oil

2 tbsp. maple syrup

1 1/2 cups grated carrots

1 cup raisins

1 cup chopped walnuts (optional)

cream cheese frosting* (optional)

Make flax "eggs" by mixing ground flax seed with warm water; chill in refrigerator for 10-15 min, until thick. In a large mixing bowl, combine flour, brown sugar, baking soda, baking powder, cinnamon, cloves, nutmeg, and salt. Gently mix ingredients until combined. In a separate bowl, pour in flax seed "eggs" and mix with applesauce, melted coconut oil, maple syrup, carrots, raisins, and walnuts *(if using). Then, gently fold wet ingredients into dry ingredients until well combined. Be careful not to over mix. Scoop batter into lined cupcake pan. Bake at 350°F for about 25 minutes, or until toothpick comes out clean. Allow to cool in pan for at least 10 min. before removing. After completely cool, top with cream cheese frosting.



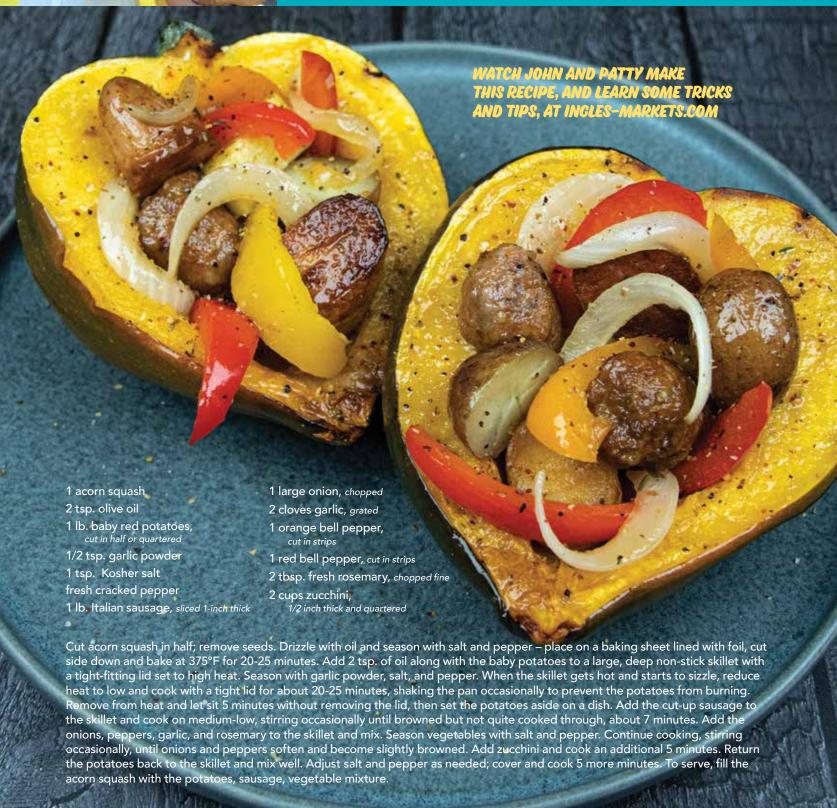




SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden Personal Chefs

Stuffed Acorn Squash with Sausage and Veggies







MICHAEL MCMURTREY

Graphic Designer / Food Stylist blueplatecreative.com / deletethemeat.com

Deviled Potatoes

8 small red or gold potatoes, sliced in half lengthwise

2 tbsp. vegan butter, melted

2 tbsp. vegan mayonnaise

5 tbsp. vegan cream cheese, softened

tbsp. Dijon mustard (I like a grainy mustard)

2 oz. French fried onions

1/4 tsp. black pepper

1/4 tsp. smoked paprika 1 tbsp. vegetable oil 1/2 tsp. seasoned salt 1/4 tsp. chili powder 1 tsp. garlic powder

1/2 tsp. turmeric (for color) scallions or chives,

sliced (for garnish)

Kosher salt, to taste olive oil, to coat potatoes

Preheat oven to 375°F. In a bowl, toss cut potatoes with olive oil and then lay them, sliced side facing down, onto a sheet pan. Sprinkle the potatoes with the Kosher salt and bake for 45 minutes. Remove potatoes from the oven and allow them to cool until you are able to touch the skin without discomfort. Carefully scoop out most of the insides of the potato, being careful to leave enough potato to keep the shape of the potato and its skin intact. I use a measuring spoon to scoop out the potatoes. Place the scooped out potatoes into in a mixing bowl and mash them with the remaining ingredients until smooth. Taste the filling and adjust your seasonings. (I often add more salt or pepper, etc. depending on my mood). You can use a spoon to refill your potatoes or us a piping bag. Sprinkle chives/scallions on top. Serve room temperature.

"I like bold flavors so when measuring, I used rounded spoonfuls of each spice."

> WATCH MICHAEL MAKE THIS RECIPE, AND LEARN SOME TRICKS AND TIPS, AT INGLES-MARKETS.COM

