

FREE RECIPES FROM OUR TABLE TO YOURS

ingles table



A NOTE FROM CINDY

As we transition into cooler months with less light, our meals change as well. The grill gets a rest, the oven comes back into rotation, and dinner starts to mean something you actually sit down to enjoy.

That shift is what this Fall and Winter issue is built around. The Ingles Table team put together dishes meant for ordinary weeks: a soup that carries you through a Tuesday, a dish of stuffed shells big enough for the whole table, and a dessert that'll leave everyone with a smile.

We paid just as much attention to cost. Grocery prices are on everyone's mind right now, so we chose to focus on ingredients you can buy without wincing and pointed out where a recipe can stretch into a second meal.

While you're shopping next time, slow down at three departments we're proud of. Our Bakery bakes breads and desserts fresh in store every day, and a warmed loaf turns a bowl of soup

into supper. Our International Cheese department is worth the stop on its own, with specialty and artisan selections from around the world. And at our Deli, we slice meats and cheeses to order, cut to the thickness you want.

For the nights that get away from you, we have fried and rotisserie chicken, fresh-made sides, a full salad bar, hot soups, and much more, ready when you are.

For more recipes, how-to videos, and printable shopping lists, visit ingles-markets.com. From our table to yours.

Cindy

Cindy Mixon

Vice President, Deli/Bakery/Starbucks, Ingles Markets

CHEF
BRUCE BROWN'S

Autumn Chowder

Recipe exclusively at
ingles-markets.com

EDITORIAL DIRECTOR

MELISSA LEAVELL, PhD / ADVERTISING DIRECTOR, INGLES MARKETS

CREATIVE DIRECTOR & FOOD STYLING

MICHAEL MCMURTREY / BLUEPLATE CREATIVE

PHOTOGRAPHY + PROP STYLING

ROGER DOWNES + AUBRIE MCGUFFEY + DAVID BERRYHILL / PEACHTREE MEDIA PRODUCTIONS

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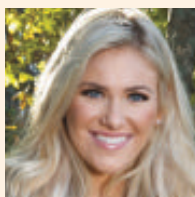
There are so many more recipes at ingles-markets.com in the Ingles Table section.

THIS ISSUE'S INGLES TABLE TEAM



DEBORAH ADAMS

French Food Made Easy
Trained in France, then adapted
for the busy American family



KAITLYN BAKER

Nashville Recording Artist
Songwriter



SCOTT CULPEPPER

Proud Marine with a
Passion for Aviation and
Southwestern Cooking



RENNIE CURRAN

Keynote Speaker | Author
Leadership & Business Coach



ONESHIA EDENS
"THE LOVELY BIG O"

Comedian @LovelyBigO



**KELLY GRAMLICH
& ERIC MAC LAIN**

Clemson Alums Talking Football on ESPN,
ACC Network, YouTube, and SiriusXM



CHEF ABBY J

Founder of
Abby J's Gourmet / Proprietor,
Blackhawk Flyfishing



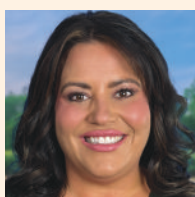
SMOKIN' JOE LASHER

Co-Owner and Founder
M7 Event Solutions
and Catering



SUZY & CLARK NEAL

Unicoi Preserves



JASMIN QUEEN, CNC

Winner of the TV Show
"My Diet Is Better Than Yours"



**ANGELA &
MARC RYAN**

Newlyweds who love
cooking together



**KELLI SMITH &
ERIN BARNETT**

The Southern Table
southerntableshow.com

RENNIE CURRAN'S

Game Changer Protein Parfait

SERVES 2

Greek yogurt layered with pineapple, banana, and blueberries, topped with granola and coconut toasted in a dry skillet. It tastes like a treat and carries the protein of a real meal.

1 (16 oz) container Greek yogurt, plain full-fat

1 cup fresh pineapple, diced into small chunks

1 ripe banana, sliced into coins

½ cup fresh blueberries

½ cup low-sugar granola

3 tbsp shredded coconut, sweetened or unsweetened

2 tbsp honey

4 fresh mint leaves (optional)

1. Place a small dry skillet over medium heat. Add the shredded coconut and spread it flat. Stir constantly for 90 seconds to 2 minutes, until it turns golden brown and fragrant. Pull it off the heat the moment it smells nutty, since it goes from golden to burnt fast. Set aside to cool.

2. Dice the pineapple into small, even chunks. Slice the banana into clean coins about a half inch thick. Rinse the blueberries and pat them dry. Lay everything out in separate bowls so the layers go in smooth and clean.

3. Spoon the Greek yogurt evenly into two clear glasses or glass bowls, about ¾ cup per glass. Use the back of the spoon to smooth it flat against the sides. That base layer alone is about 16 grams of protein.

4. Add the pineapple first, then fan the banana slices around the inside edge of the glass so they are visible from the outside. Scatter most of the blueberries across the top of the fruit layer.

5. Spoon another 3 tablespoons of the Greek yogurt gently over the fruit. Do not press down. Let it settle naturally.

6. Top with the granola, the toasted coconut, and the remaining fruit. Drizzle the honey in a slow zigzag from about 6 inches above the glass for a clean, photogenic drizzle. Add the mint leaves as the finishing touch. Serve immediately.





DEBORAH ADAMS'S

Savory Bacon-Pecan Cheese Ball Bites

SERVES 6

All the vibrant tastes of a cheese ball, shrunk down to two bites and rolled in bacon, crunchy pecans, and fresh herbs. The pretzel stick handle means no plate and no mess.

CHEF'S NOTE:

For the fresh herbs, I like using basil, chives, parsley, or thyme.

1 (8 oz) block cream cheese, softened

1 (4 oz) container cream cheese spread, onion and chives flavor

1 cup cheddar cheese, shredded

1 tsp garlic powder

1 tsp paprika

salt and pepper to taste

½ cup bacon, cooked and chopped

½ cup pecans, chopped

½ cup fresh herbs of your choice, chopped

12 pretzel sticks

1. In a large bowl, stir together the cream cheese block and cream cheese spread. Add the shredded cheddar cheese, garlic powder, paprika, salt, and pepper. Mix well.

2. Using a large spoon or scoop, form the mixture into 12 small balls. Transfer to a baking sheet lined with parchment paper. Refrigerate until firm, about 30 minutes.

3. In a shallow bowl, mix the bacon, pecans, and fresh herbs.

4. Roll the balls in the bacon-pecan mixture. Insert a pretzel stick into each and serve.

SCOTT CULPEPPER'S
**Pear, Camembert,
and Roquefort
Cheese Tart**

RECIPE ON PAGE 12

Sweet Bosc pear and molten Camembert on buttery puff pastry, with just enough Roquefort to balance it out. Toasted walnuts, dried figs, and a drizzle of honey go on the moment it comes out of the oven.



AVOCADOS (UNRIPE)

Cold permanently stops the ripening enzyme activity. A hard avocado will not ripen after refrigerating; it will simply age without softening.



BASIL

Basil suffers chilling injury below 54°F; the cold physically ruptures its cells. Store in a glass of water at room temperature.



BANANAS

The enzymes responsible for ripening break down the cell walls in a disorganized way, producing the black exterior and mushy flesh.



COFFEE BEANS

Condensation introduces moisture that damages the delicate surface flavor compounds. Store at room temperature, away from light.



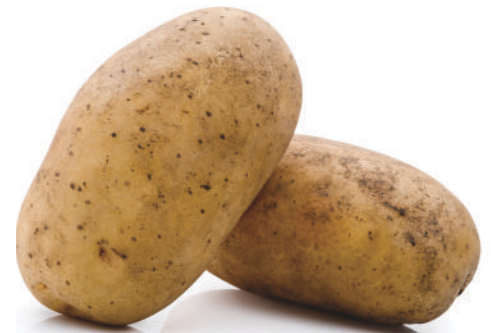
BREAD

Cold fridge temps actually make bread go stale faster, not slower. The chill causes the starch in bread to harden and crystallize. Bread stays fresher at room temperature.



TOMATOES

Cold below 54°F permanently deactivates the enzymes producing their complex aroma. Once refrigerated, the tomato flavor doesn't fully return.



POTATOES

Cold temperatures convert potato starch to sugar (cold sweetening), producing higher levels of acrylamide when fried or roasted.

7 FOODS YOU DON'T WANT TO KEEP IN THE FRIDGE

KELLY GRAMLICH
& ERIC MAC LAIN'S

Famous Guacamole

SERVES 4-6

Ripe avocados, red onion, cherry tomatoes, and lime are the perfect combination. But our secret to making it even better is resting it on the counter for a half hour before serving.

4 or 5 medium avocados

1 tsp garlic powder

1 tsp sea salt

¼ tsp freshly ground
black pepper

2 tbsp lime juice

½ small red onion, diced

½ cup cherry tomatoes,
deseeded and diced

1. Cut open the avocados lengthwise, remove the pits, and use a spoon to scoop the flesh into a mixing bowl.

2. Use a potato masher or fork to gently mash the avocados, leaving them a little chunky.

3. Add the garlic powder, salt, pepper, and half the lime juice and stir until combined.

4. Add the onion and tomatoes and stir until combined.

5. Taste and add the remaining lime juice and extra salt, if needed.

6. Let sit for at least 30 minutes at room temperature before serving.





Ask Leah

LEAH MCGRATH RD, LDN
Corporate Dietitian for Ingles Markets | lmcgrath@Ingles-Markets.com

SEASON IT UP WITH HERBS AND SPICES

Ever had a dish that was barely seasoned, maybe something like a plain chicken breast with minimal salt and pepper along with vegetables roasted without any seasonings? Bland and boring, right? Herbs and spices can easily elevate your dishes from bland and boring to tasty and interesting, and it doesn't take much to achieve this.

FRESH HERBS

Using fresh herbs is a favorite of many professional chefs, but this can get pricey if you aren't growing your own.

A FEW TIPS

Look for the small plastic clamshells of fresh herbs at your local Ingles Markets in the produce department. These are especially handy if you only need a small amount.

If you buy a bunch of fresh herbs, treat them like a bouquet of flowers, i.e. trim off the ends and put in a small jar with water at the bottom. Put jar in an open plastic bag to protect the herbs and store in a cool area of your kitchen or in your fridge.

If you have leftover fresh herbs, consider chopping them up and freezing them in an ice cube tray in olive oil or water. Once frozen, pop them out of the tray and transfer to a freezer bag. That way you can just take one or two out at a time as needed.

Do you have a sunny window and space in your kitchen where you could grow some herbs like basil, chives, sage, mint, oregano and cilantro year around?

SQUEEZABLE HERBS

You will often see tubes of herbs in the Ingles Produce section. These are fresh herbs that are made into a paste and can last for weeks in your fridge. If you like to use fresh herbs more than dried, and hate wasting fresh herbs, this may be a good compromise.

DRIED HERBS AND SPICES

Dried herbs are definitely more economical than fresh. Unfortunately, many of us tend to forget about those dried herbs and spices in the dark recesses of our pantries. While dried herbs can last a couple of years, if you take the lid off and there's no smell of the herb, it's definitely time to replace them.

KAITLYN BAKER'S
Brown Butter Autumn Soup

RECIPE ON PAGE 12

There is a moment when butter turns golden and nutty in the pan, and that is what sets this apart from every other mushroom soup. Cremini, wild rice, and a classic mirepoix simmer into something rich and deeply warming. Add crusty bread and it becomes the whole meal.





SMOKIN' JOE LASHER'S

Apple Pie Baked Beans

RECIPE EXCLUSIVELY AT INGLES-MARKETS.COM

Two cans of baked beans loaded with breakfast sausage, bacon, and apple pie filling, then pulled together with brown sugar and thick BBQ sauce. Jalapeño and a spoonful of rub keep it from tipping too sweet. It finishes in the oven or on the smoker, whichever is already running.

SCOTT CULPEPPER'S

Pear, Camembert, and Roquefort Cheese Tart

SERVES 8-10

2 sheets puff pastry, thawed
1.75 oz Roquefort cheese, crumbled
1 (8 oz) round Camembert cheese, sliced into ¼-inch pieces
1 large Bosc pear, sliced into ¼-inch pieces
4 dried figs, sliced thin, for garnish
1 large egg
½ tsp fresh rosemary, chopped
¼ cup toasted walnuts
honey, for garnish

1. Preheat the oven to 400°F.
2. On a floured surface, roll out the first puff pastry sheet to about 9 x 12 inches.
3. Whisk the egg with 1 tsp of water in a bowl.
4. Brush the outside edges of the puff pastry with the egg wash.
5. Roll out the second puff pastry sheet and slice it into 1-inch strips.
6. Place the strips around the outer edges as if to make a pastry frame.
7. Use a fork to pierce the inside of the puff pastry, not the frame, so that it will not bubble up while baking.
8. Brush the inside of the pastry and the pastry frame with the egg wash.
9. Alternate the pear slices and Camembert by laying them flat on the inside portion of the puff pastry until the entire inner portion is covered.
10. Crumble the Roquefort cheese into pieces and sprinkle over the top of the pear and Camembert.
11. Garnish the top with the chopped rosemary.
12. Bake for 20 to 25 minutes, or until golden brown on the edges.
13. Remove from the oven, garnish with the toasted walnuts and dried figs, then drizzle with the honey.

PHOTO ON PAGE 6

KAITLYN BAKER'S

Brown Butter Autumn Soup

SERVES 6-8

6 tbsp butter
16 oz cremini (baby bella) mushrooms, sliced
1 medium yellow onion, diced
2 carrots, diced
2 celery stalks, diced
3 garlic cloves, minced
1 tsp dried thyme
½ tsp rubbed sage
¼ cup all-purpose flour
6 cups chicken broth
1 cup wild rice blend, rinsed
1 bay leaf
1 cup whole milk
1 cup heavy cream
salt and pepper to taste

1. Melt the butter in a large Dutch oven over medium heat. Cook, stirring frequently, until golden brown and nutty, about 4 to 5 minutes.
2. Add the mushrooms and cook until browned, about 8 minutes. Stir in the onion, carrots, and celery and cook for 5 to 6 minutes. Add the garlic, thyme, and sage and cook for 30 seconds.
3. Sprinkle the flour over the vegetables and stir for 1 minute. Gradually whisk in the chicken broth. Add the wild rice blend and bay leaf. Bring to a boil, reduce the heat, and simmer for 35 to 40 minutes, or until the rice is tender.
4. Remove the bay leaf. Stir in the milk and heavy cream. Season with the salt and pepper to taste.

CHEF'S NOTES:

1. Browning the butter gives the soup a rich, nutty flavor.
2. This soup reheats beautifully and tastes even better the next day.
3. Serve with crusty bread for a cozy cold weather meal.

PHOTO ON PAGE 10

KELLI SMITH & ERIN BARNETT'S

Vintage-Inspired Centerpiece

MAKES 1 CENTERPIECE

1 bundle fresh flowers from Ingles Markets
1 block wet floral foam
1 pack wooden skewers
1 pack wooden toothpicks
1 medium-sized brass vase
2 artichokes
2-3 pears, red or green
2 apples
1-2 bunches grapes
3-5 evergreen stems, faux or fresh
3-5 magnolia leaf branches
accent feathers (optional)

1. Start by soaking the floral foam in water for 2 to 3 hours. This will keep the flowers fresh longer.
2. Place the floral foam inside the vase.
3. Start building the arrangement at the base of the foam. Gently press the evergreen and magnolia stems into the foam. Continue until the bottom layer is full.
4. Place the largest produce item in front of the arrangement. Attach with a wooden skewer.
5. Add the remaining produce, using the toothpicks and skewers to press into the foam for stability.
6. Fill the holes with the fresh flowers.
7. Add the accent feathers if desired.

PHOTO ON PAGE 13

**More recipes
available at
ingles-markets.com
in the
Ingles Table
section.**

KELLI SMITH & ERIN BARNETT'S

Vintage-Inspired Centerpiece

INSTRUCTIONS ON PAGE 12

Artichokes, pears, apples, and grapes skewered into floral foam alongside evergreen, magnolia, and fresh flowers. Almost everything comes from the produce department, at a fraction of what a florist would charge.



ABBY J'S

Hot Honey Sweet Potatoes

SERVES 6

Thick sweet potato rounds roast until the edges caramelize, then go back in under a hot honey glaze that bubbles and sets in the last five minutes. Buttery inside, sweet and spicy on top.

3 large sweet potatoes,
peeled and cut into
1-inch thick rounds

3 tbsp butter, melted

1 tbsp olive oil

1 tsp kosher salt

½ tsp black pepper

½ tsp garlic powder

½ cup hot honey

fresh thyme or parsley
for garnish (optional)

1. Preheat the oven to 425°F.

2. Arrange the sweet potato rounds
in a baking dish or cast-iron skillet.

3. Drizzle with the melted butter and
olive oil. Season with the salt, pepper,
and garlic powder.

4. Roast for 25 minutes, then carefully
flip each round.

5. Continue roasting for another 20 to 25
minutes, until tender and caramelized.

6. Drizzle the hot honey evenly over
the sweet potatoes and return to the
oven for 5 minutes to let the glaze
bubble and thicken.

7. Spoon the glaze over the potatoes
before serving and garnish with fresh
thyme or parsley if desired.

CHEF'S TIP:

*Want to take it over the top?
Sprinkle with crumbled bacon
and a little goat cheese just
before serving. The sweet, spicy,
smoky, and creamy combination
is absolutely irresistible.*

USING HERBS & SPICES

Dress up your meals with some simple additions.

HERB & SPICE PAIRING GUIDE

CUT OUT AND KEEP ON THE FRIDGE

Ingles	BEEF	LAMB	CHICKEN	PORK	FISH	SEAFOOD
Basil		●	●		●	●
Bay leaf	●	●	●		●	
Black pepper	●	●	●	●	●	●
Caraway	●			●		
Chili flakes	●	●	●	●		●
Chives			●		●	●
Cilantro	●		●	●	●	●
Coriander	●	●	●	●		
Cumin	●	●	●	●		
Dill			●		●	●
Fennel seed				●	●	●
Garlic	●	●	●	●	●	●
Ginger	●		●	●	●	●
Marjoram		●	●	●	●	
Mint		●				
Mustard	●		●	●	●	
Oregano	●	●	●	●	●	
Paprika	●		●	●		●
Parsley	●	●	●	●	●	●
Rosemary	●	●	●	●		
Sage			●	●		
Tarragon			●		●	●
Thyme	●	●	●	●	●	●

Hard herbs (rosemary, thyme, sage, bay leaf) go in early with the hot oil.

Soft herbs (parsley, cilantro, dill, mint, chives) go in at the end, off the heat.

Roasted Sweet Onions with Kale and Wild Rice Stuffing

SERVES 4

Hollowed-out Vidalia onions are wrapped in foil and grilled until soft and caramelized. Inside, earthy wild rice, mushrooms, and kale meet golden raisins to bring sweet and smoky together. The onion juices caught in the foil are the best part, so pour every drop over the top.

KALE AND WILD RICE STUFFING:

1 cup microwaveable wild rice, prepared
1 tbsp olive oil
½ cup sliced mushrooms
1 celery stalk, diced

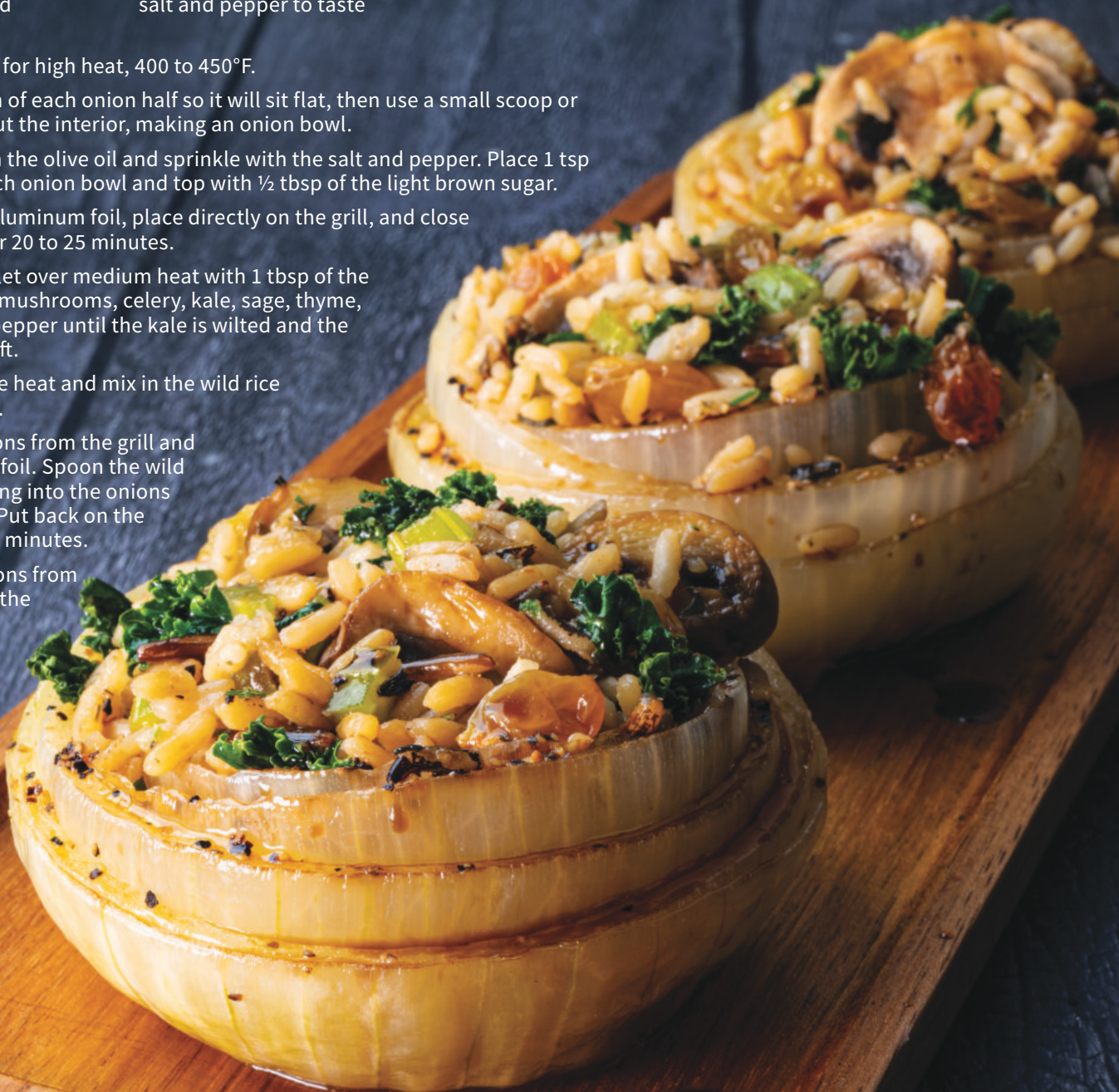
8 large kale leaves, sliced, ribs discarded
1 tbsp fresh sage
1 tsp fresh thyme
¼ cup golden raisins
1 tbsp fresh parsley
salt and pepper to taste

ONIONS:

2 large Vidalia onions, peeled and cut in half
2 tbsp olive oil
1 tbsp kosher salt

1 tbsp coarse ground black pepper
2 tbsp light brown sugar, divided
4 tsp butter, divided

1. Preheat the grill for high heat, 400 to 450°F.
2. Slice the bottom of each onion half so it will sit flat, then use a small scoop or spoon to hollow out the interior, making an onion bowl.
3. Lightly coat with the olive oil and sprinkle with the salt and pepper. Place 1 tsp of the butter in each onion bowl and top with ½ tsp of the light brown sugar.
4. Wrap tightly in aluminum foil, place directly on the grill, and close the lid. Let cook for 20 to 25 minutes.
5. Heat a large skillet over medium heat with 1 tbsp of the olive oil. Cook the mushrooms, celery, kale, sage, thyme, parsley, salt, and pepper until the kale is wilted and the mushrooms are soft.
6. Remove from the heat and mix in the wild rice and golden raisins.
7. Remove the onions from the grill and carefully open the foil. Spoon the wild rice and kale stuffing into the onions and close the foil. Put back on the grill for another 15 minutes.
8. Remove the onions from the foil, then pour the juices from the foil over the onions and serve.



SUZY & CLARK NEAL'S

Loaded Fried Corn

SERVES 6

If you are looking for the perfect side dish to accompany most any meal, this is the one. The combination of blistered corn, bacon, Cotija cheese, and green onion is classic. But the hot honey at the end makes this a special dish you will not soon forget.

3 tbsp unsalted butter
2 (15.25 oz) cans golden corn, well drained
1 jalapeño, seeded and diced
¼ tsp kosher salt
4 slices thick-cut bacon, cooked and chopped into large pieces
2-3 tbsp Cotija cheese, crumbled
3 green onions, sliced on the bias
hot honey, for drizzling

1. Heat a large cast-iron skillet over medium heat, then add the butter to the hot pan.
2. When the butter is melted and hot, increase the heat to medium-high and add the corn, jalapeño, and salt. Let the corn cook undisturbed for a few minutes before stirring.
3. Reduce the heat to medium and cook for 8 to 10 minutes, stirring occasionally, until sizzling and lightly browned.
4. Stir in the bacon and transfer to a serving bowl.
5. Top with the cheese, green onions, and a drizzle of hot honey. Serve immediately.





BLOOMING YOUR SPICES

The secret to getting the most flavor out of your dishes.

Blooming means cooking your spices in hot oil, butter, or bacon fat for a minute before the liquids go in. That quick sizzle wakes up the flavors hiding in the spices and makes the whole dish taste bolder.

Does it really make a difference? Yes! Spice flavors dissolve into the fat, so every bite will taste richer. As a bonus, dried spices will soften, so there won't be any gritty texture in dishes like chili. The spiced fat will now carry the flavor evenly through the whole pot.

It's really easy. If your recipe starts with a sauté of onions or garlic, cook those first until they are soft. Then stir in your spices and let them sizzle for 30 seconds to a minute, just until fragrant. Don't stop there and don't walk away. Move straight to the next step and add your liquids or other ingredients, which cools the pan and keeps the spices from burning and turning bitter.

Next time you're making chili, taco meat, spaghetti sauce, or any soup, give it a try and you'll be happily surprised.



JASMIN QUEEN'S

Spinach Artichoke Stuffed Shells

RECIPE ON PAGE 22

Everything you like about spinach artichoke dip, tucked into jumbo shells with rotisserie chicken. They bake under a blanket of Alfredo sauce and come out golden and bubbling.

ANGELA & MARC RYAN'S
**Chicken Coconut Curry
with Roasted Rosemary Pineapple**

RECIPE ON PAGE 22

Warm turmeric and cumin, tender sweet potato, and coconut milk simmered into a curry worth slowing down for. Rosemary roasted pineapple on top brings a caramelized sweetness against the spice, and sliced avocado cools it back down.



SMOKIN' JOE LASHER'S

Cranberry Bourbon Glazed Pork Tenderloin with Rosemary Roasted Apples

SERVES 6-8

PORK:	CRANBERRY BOURBON GLAZE:	ROSEMARY ROASTED APPLES:	GARNISH:
2 whole pork tenderloins (about 1 lb each)	1 cup whole berry cranberry sauce	4 Honeycrisp apples, cored and cut into thick wedges	fresh rosemary sprigs
2 tbsp olive oil	½ cup bourbon	2 tbsp melted butter	dried cranberries
2 tsp kosher salt	1 tbsp brown sugar	1 tbsp maple syrup	flaky sea salt
1 tsp black pepper	2 tbsp Dijon mustard	1 tbsp brown sugar	
1 tsp garlic powder	2 tbsp apple cider vinegar	1 tsp chopped fresh rosemary	
1 tsp dried thyme	1 tbsp maple syrup	1 pinch kosher salt	
	1 sprig fresh rosemary		

1. Preheat the oven to 400°F.
2. Pat the pork tenderloins dry. Combine the salt, pepper, garlic powder, and thyme. Season evenly on all sides.
3. Heat the olive oil in a large oven-safe skillet over medium-high heat. Sear the tenderloins on all sides until deeply golden brown.
4. In a small saucepan, combine the cranberry sauce, bourbon, brown sugar, Dijon mustard, apple cider vinegar, maple syrup, and rosemary. Simmer for 8 to 10 minutes, until slightly thickened.
5. Reserve ⅓ cup of the glaze for serving. Brush the remaining glaze over the pork.
6. Transfer the skillet to the oven and roast for 12 to 18 minutes, or until the internal temperature reaches 145°F.
7. While the pork roasts, toss the apples with the butter, maple syrup, brown sugar, rosemary, and salt. Spread on a sheet pan and roast for 20 to 25 minutes, until caramelized but still holding their shape.
8. Remove the pork from the oven and let it rest for 10 minutes before slicing.
9. Slice the pork into medallions and arrange on a serving platter with the roasted apples.
10. Brush with the reserved glaze and garnish with the fresh rosemary sprigs, dried cranberries, and flaky sea salt before serving.

Seared tenderloin roasted under a glaze of cranberry, bourbon, and Dijon, with Honeycrisp apples caramelizing alongside it. The reserved glaze goes over the medallions just before serving.



JASMIN QUEEN'S

Spinach Artichoke Stuffed Shells

SERVES 4-6

SHELLS:

- 1 (12 oz) box jumbo pasta shells
- 2 cups rotisserie chicken, shredded
- 1 (14 oz) can artichoke hearts, drained and chopped
- 2 cups fresh spinach, roughly chopped
- 1 (15 oz) container whole milk ricotta
- 4 oz cream cheese, softened
- 2½ cups shredded mozzarella, divided
- ¾ cup grated Parmesan, divided
- 2 tbsp minced garlic
- 1 tsp Italian seasoning
- ½ tsp kosher salt
- ¼ tsp black pepper
- red pepper flakes, for garnish
- parsley, chopped, for garnish

SAUCE:

- 1 (21.5 oz) jar Alfredo sauce
- ½ cup whole milk
- ½ tsp garlic powder

1. Preheat the oven to 375°F. Lightly grease a 9 x 13-inch baking dish.
2. Cook the pasta shells according to the package directions until al dente. Drain and rinse under cold water to stop the cooking process. Set aside.
3. In a large bowl, combine the shredded chicken, chopped artichokes, spinach, ricotta, cream cheese, 1 cup shredded mozzarella, ½ cup Parmesan, minced garlic, Italian seasoning, salt, and pepper. Stir until evenly combined.
4. In a separate bowl, whisk together the Alfredo sauce, milk, and garlic powder until smooth. Spread 1 cup of the Alfredo sauce mixture over the bottom of the prepared baking dish.
5. Fill each cooked shell with about 2 tablespoons of the chicken mixture and arrange in the baking dish. Pour the

remaining Alfredo sauce evenly over the shells. Sprinkle with the remaining mozzarella and Parmesan cheeses.

6. Cover loosely with foil and bake for 25 minutes. Remove the foil and continue baking for 10 to 15 minutes, or until the cheese is melted.

7. Let stand for 5 minutes before serving. Garnish with the red pepper flakes and parsley.

CHEF'S NOTE:

You can substitute thawed frozen spinach for fresh. Just make sure you squeeze out as much moisture as possible before mixing it into the filling.

PHOTO ON PAGE 19

ANGELA & MARC RYAN'S

Chicken Coconut Curry with Roasted Rosemary Pineapple

SERVES 4

CURRY:

- 1 tbsp extra-virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- ½ tbsp ground turmeric
- ½ tbsp ground cumin
- ½ tsp onion powder
- 2 celery stalks, chopped
- 1 sweet potato, peeled and cubed
- ½ cup green onions, chopped
- 1 cup water
- 1 tsp sea salt
- 4 chicken breasts, cut into bite-sized pieces
- 1 (13.5 oz) can coconut milk
- 1 avocado, sliced

ROASTED ROSEMARY PINEAPPLE:

- 1 fresh pineapple, cut into rings
- 1½ tbsp fresh rosemary, chopped
- ¼ tsp sea salt
- olive oil, for drizzling

1. Preheat the oven to 425°F.
2. Arrange the pineapple rings on a baking sheet.
3. Drizzle lightly with the olive oil and sprinkle with the rosemary and sea salt.
4. Toss gently to coat.
5. Roast for 15 minutes.
6. Flip the pineapple rings with a spatula and roast for an additional 10 to 15 minutes, or until golden and caramelized. Set aside.
7. Heat the olive oil in a large skillet over medium heat.
8. Add the onion, cover, and cook until translucent.
9. Add the garlic and continue to sauté for 1 minute.
10. Stir in the onion powder, cumin, and turmeric until the onions are evenly coated.
11. Add the sweet potato, celery, green onions, sea salt, and water. Stir well.
12. Simmer for 15 to 20 minutes, until the sweet potatoes are tender.
13. Add the chicken pieces and coconut milk. Simmer until the chicken is cooked through and the flavors are combined.
14. Gently fold in the sliced avocado and garnish with the roasted pineapple just before serving.

CHEF'S NOTE:

You can replace the 4 chicken breasts with one rotisserie chicken from the Ingles Deli.

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ONESHIA “THE LOVELY BIG O” EDENS’S
Pumpkin Spice Cups

SERVES 6-8

1 (8 oz) block cream
cheese, softened
1 cup pumpkin puree
1/3 cup
powdered sugar
1 tsp vanilla extract
1 1/2 tsp
pumpkin pie spice
1 cup
whipped topping

1 1/2 cups crushed
graham crackers
or gingersnap
cookies

OPTIONAL
TOPPINGS:

whipped cream
caramel sauce
chopped pecans

1. Beat the cream cheese until smooth.
2. Mix in the pumpkin puree, powdered sugar, vanilla, and pumpkin pie spice until creamy.
3. Gently fold in the whipped topping.
4. Spoon the crushed graham crackers or gingersnap cookies into the bottom of individual cups.
5. Add the pumpkin filling, then repeat the layers if desired.
6. Top with the whipped cream, caramel sauce, and/or chopped pecans (optional).
7. Refrigerate for at least 1 hour before serving.

*All the flavor of
pumpkin pie without
ever turning on the
oven. Cream cheese
and pumpkin whip
together with warm
spice, then layer
over crushed
graham crackers
in individual cups.
Build them an hour ahead
and dessert is handled.*

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