

FREE RECIPES FROM OUR TABLE TO YOURS

ingles table

PICNICS
COME TOGETHER
QUICK AT THE
INGLES DELI.

A NOTE FROM CINDY

The sun is out, the days are longer, and it's the perfect time to bring bright, bold flavors to your table. At Ingles Table, our chefs have been hard at work creating fresh, fun, and budget-friendly recipes that make the most of summer's bounty. From quick grilled dinners to easy no-cook lunches, we've got just what you need to keep things light, tasty, and stress-free.

Of course, no summer menu is complete without dessert! Whether you're cooling off with a chilled treat or enjoying a sweet bite under the stars, we have plenty of indulgent ideas to make every occasion feel special.

Not in the mood to cook? No problem. Our chef-prepared meals take the heat out of the kitchen, and our bakery is bursting with fresh-baked breads, seasonal sweets, and crowd-favorite cookies. Looking to entertain? Don't miss our selection of hand-picked international cheeses—perfect for a breezy charcuterie board on the patio.

Be sure to visit our website for hundreds of seasonal recipes, helpful how-to videos, printable shopping lists, and pro kitchen tips. Whether you're planning a picnic, hosting a backyard bash, or just mixing up your weeknight routine, there's something for everyone at Ingles Table.

We're all about celebrating food, family, and flavor—and we look forward to sharing what's cooking this summer.

Cindy

Cindy Mixon
Ingles Markets - Vice President - Deli/
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COVER STORY


INGLES IS PICNIC HEADQUARTERS:

Why spend hours in the kitchen, when you can swing by Ingles and grab everything you need for the ultimate outdoor feast? Start at the Deli for irresistible, ready-to-go favorites like crispy in-store fried chicken, fresh-made sandwiches, and flavorful salads. Then head to the Bakery, where cupcakes, cookies, and brownies are just waiting to sweeten your spread. Don't forget the drinks—sodas, cold beer, and a great selection of wines are all here, too. Need plates, napkins, utensils, or even a cooler and ice? We've got that covered. With one easy stop, Ingles makes picnic planning effortless—and delicious.

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Dressed-up lemonade is as easy as grabbing Harvest Farms lemonade and your favorite fresh fruit. Add a bit of crushed ice and some fruit to a glass, muddle them together, add more ice, and fill with lemonade. Adults can add a clear spirit or sparkling wine for a special treat.



DEREK ST.ROMAIN'S

Sushi Nachos

SERVES: 2

1 (10 oz) pkg fried wonton chips
1 (4 oz) pkg seared sliced ahi tuna
1 (4 oz) seaweed salad
1 (9 oz) can hot wasabi
flavored peas, crushed

1 (5 oz) bottle wasabi sauce
1 (8 oz) bottle hoisin sauce
1 (16 oz) bottle yum yum sauce
1 (5 oz) jar everything
bagel seasoning

1. To build the nachos, start by arranging 8-10 chips on a platter. On each chip place 1 slice of tuna.
2. Add a tsp of seaweed salad onto each slice of tuna.
3. Add a sprinkle of wasabi peas.
4. Drizzle each chip with all three sauces.
5. Shake the desired amount of everything bagel seasoning.

JASMIN QUEEN'S
BANG BANG SALMON BITES
RECIPE ON PAGE 14



MARC AND
ANGELA RYAN'S

Caramelized Apricot Bruschetta

SERVES: 6

1 French baguette
1 tbsp unsalted butter, melted
1 (8 oz) container mascarpone cheese
1 (8 oz) jar apricot preserves
3 tbsp unsalted butter, for skillet
3 fresh apricots, cubed
¼ cup honey
½ cup blueberries
powdered sugar, for dusting
fresh mint, to garnish

1. Preheat the oven to 325°F.
2. Brush all sides of the uncut baguette loaf with melted butter and place it on a sheet pan. Toast in the oven for 8-10 minutes, flipping the loaf halfway through, until golden and crisp. Remove and let cool to room temperature.
3. In a small bowl, blend the mascarpone cheese and apricot preserves until smooth. Set aside.
4. Add butter to a skillet over medium heat. When the butter begins to foam and develop a nutty aroma, add the apricots in a single layer. Let them cook undisturbed for 3 to 4 minutes to form a golden caramelized crust. Gently stir and continue to cook until the apricots are evenly caramelized on all sides. Remove from heat and set aside.
5. Slice the toasted baguette crosswise into half-inch slices, then spread a layer of the apricot spread onto each slice.
6. Top each slice with a few caramelized apricot cubes and a few blueberries.
7. Drizzle a thin layer of honey over the fruit, then finish with a light dusting of powdered sugar.
8. Garnish with mint leaves.

CHEF NOTE:

1. Slice the baguette and arrange slices in a single layer on a sheet pan for crispier bread.





**CHEF ABBY J'S
BUNLESS BURGER BITES**
RECIPE ON PAGE 14

The end of a
watermelon works
great for displaying
any type of skewer.



MARC AND ANGELA'S
Loaded Ballpark Fries

SERVES: 2

½ (32 oz) bag of crinkle fries, baked
 ½ (6 oz) box of white cheddar mac and cheese, prepared
 3 slices bacon, fried
 ¼ lb Ingles Deli coleslaw
 onion rings, to garnish

CHEDDAR CHEESE SAUCE:

2 tbsp unsalted butter
 2 tbsp all-purpose flour
 1 cup whole milk
 1 ¾ cup shredded sharp cheddar cheese
 ¼ tsp salt

COLA SAUCE:

1 cup Laura Lynn ketchup
 ¼ cup Worcestershire sauce
 1 cup cola soda
 1 tbsp brown sugar, loose
 ¼ cup kosher salt
 2 tsp garlic powder
 2 tbsp black pepper

1. In a medium bowl, whisk together all cola sauce ingredients until well combined. Set aside.
2. In a medium saucepan over medium heat, combine all cheddar cheese sauce ingredients. Stir continuously for about 10 minutes, or until the mixture is smooth.
3. Place the baked fries on a plate, bowl, or lined plastic basket. Layer the white

cheddar mac and cheese on top.

4. Drizzle the cheese sauce over the mac and cheese in a sweeping motion and then top with bacon slices.
5. Drizzle a generous layer of cola sauce over the bacon.
6. Add the coleslaw on top and garnish with onion rings.



CHEF CARLA FIGÁRO'S

It's Something Different Egg Rolls

MAKES: 12

2 large ripe firm mangos,
large dice
1 large honeycrisp apple,
large dice
3 tbsp brown sugar
2 tbsp sugar
3 tsp cinnamon, divided
(1½ tsp reserved for topping)
¼ tsp cardamom
¼ tsp white or black pepper
½ tsp ground ginger

1 pinch salt
2 tbsp cornstarch
1 tbsp lemon juice
1 tsp vanilla extract
2 tbsp plant butter
1 pkg egg roll wrappers
¼ cup water
refined coconut or another
neutral oil, for frying
3 tbsp powdered sugar

1. In a medium bowl, toss all ingredients, except plant butter, coconut oil, and powdered sugar, until well combined.
2. In a medium skillet, melt the plant butter, stir in the remaining ingredients, and heat until well combined and slightly thickened. Remove from heat and let cool to room temperature.
3. Separate the egg roll wrappers. On each wrapper, place 2-3 tbsps of filling and fold according to the package instructions, using water to seal the edges.

4. In a medium-sized, heavy-bottomed pan, heat about 2-3 inches of coconut oil to 325°F - 350°F. Fry 3-4 egg rolls at a time.
5. Place a cooling rack over a layer of paper towels to hold the egg rolls after frying. Let them cool slightly.
6. Mix the remaining cinnamon and powdered sugar until well combined. Dust the egg rolls liberally with the cinnamon-sugar mixture.

Ask Leah

CORPORATE DIETITIAN FOR INGLES MARKETS

ELEVATING YOUR PLATE

Sometimes, all it takes is something a little extra to take a dish or a meal from ordinary to exciting. The bonus here is that your meals may have a bit more nutrition, be more satisfying, and elevate the taste.

Here are 5 ideas:

SANDWICHES

- Think beyond normal condiments and consider a chutney or olive spread.
 - Instead of lettuce, use arugula.
- Instead of peanut butter, try almond or cashew butter and blend with different jams.

SALADS

- Add some grilled fruit like peaches, plums, or nectarines to summer salads.
- Top salads with cooked beans like black beans, chickpeas/garbanzos, or white beans.

ROAST MEAT/PORK, OR CHICKEN

- Think about seasoning meat and poultry with different spice/seasoning blends.
 - Top cooked meat or poultry with homemade or jarred salsa or chutney.

YOGURT, CEREAL, OR OATMEAL

- Top breakfast grains or yogurt with different nuts, for example, instead of walnuts, try pistachios or pecans.
- Add different fruit... instead of bananas, try blueberries, diced mangoes, or papaya.

GRAINS

- Instead of rice, try quinoa, teff, barley, or sorghum.
- Add in raisins, currants, dried cranberries, or nuts to grains for crunch.
 - Cook rice in coconut milk.



LEAH MCGRATH RD, LDN

DEREK'S ST.ROMAIN'S

Stacked Greek Salad

SERVES: 6 - 8

- 3 (8 oz) feta cheese blocks
- 1 (16 oz) jar of roasted red peppers
- 1 red onion, sliced into 1/4-inch rounds
- 1 large ripe tomato, sliced
- 1 (16 oz) jar of mixed olives
- 1 (8 oz) bottle of balsamic glaze
- 2 oz parsley, chopped to garnish
- 2 oz basil, chopped to garnish
- salt and pepper, to taste

1. Layer ingredients on a platter as follows: feta cheese, roasted red pepper, red onion, and tomato. Repeat twice, and top with the third block of feta cheese.

2. Pour 3/4 cup of pitted assorted olives over the entire stack.

3. Drizzle your stacked ingredients with balsamic glaze and garnish with desired amount of parsley and basil. Add salt and pepper to taste.

CHEF'S NOTE:

1. Pat the bottom of the first feta block dry with a paper towel for better plate adhesion.



CHEF JOHN GIFALDI'S

Penne Pasta with Pesto, Green Beans, and Potatoes

SERVES: 4

1 lb red baby potatoes
½ lb fresh green beans, trimmed
½ cup pesto (store-bought
or homemade)
1 clove garlic, grated
2 tbsp olive oil
1 lb penne pasta
4 oz pine nuts
½ cup sun-dried
tomatoes packed in oil, sliced
salt and pepper, to taste
Parmesan cheese,
freshly grated (optional)
fresh basil, to garnish

1. Bring a large pot of salted water to a boil and cook the penne according to package directions. Reserve 1 cup of the pasta water, then drain and set aside.

2. Cut potatoes in half and add to a pot of salted cold water. Bring to a boil and cook for 3-5 minutes. Add green beans and cook until fork-tender. Drain and set aside.

3. Heat the olive oil in a large frying pan with sides. Add the garlic along with the sun-dried tomatoes and the green beans and potatoes. Season with salt and pepper.

4. Cook until the beans and potatoes begin to brown and develop some color.

5. In a large bowl, toss the penne with $\frac{3}{4}$ of the pesto until well coated. Mix in the beans and potato mixture along with the rest of the pesto and a ladle of the reserved pasta water.

6. Serve topped with finely chopped sun-dried tomatoes, pine nuts, shaved Parmesan cheese, and a sprig of fresh basil.



DALLAS MCCADE'S
SUMMER CORN SALAD
RECIPE ON PAGE 14



JASMIN QUEEN'S

Bang Bang Salmon Bites

SERVES: 4

SALMON:

- 1 ½ lbs salmon filets, skin removed and cut into bite-sized pieces
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ¼ tsp Chinese five-spice powder
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne pepper

BANG BANG SAUCE:

- ½ cup mayonnaise
- ¼ cup Thai sweet chili sauce
- 1 tbsp sriracha sauce
- 1 tbsp garlic powder
- 1 tbsp honey
- 1 tbsp lime juice, freshly squeezed

OPTIONAL GARNISH:

- fresh cilantro, chopped
- green onions, sliced
- sesame seeds

1. Heat 1 tbsp olive oil in a skillet. While the oil is heating, pat the salmon dry with a paper towel.
2. Place salmon in a large bowl and toss with olive oil, garlic powder, onion powder, smoked paprika, Chinese five-spice powder, salt, black pepper, and cayenne pepper.
3. Cook the salmon in the skillet for 2-3 minutes per side. While the salmon is cooking, make the bang bang sauce by combining the ingredients and mixing well.
4. Remove salmon bites and place on a plate. Top with bang bang sauce and garnishes.

PHOTO ON PAGE 5

CHEF ABBY J'S

Bunless Burger Bites

SERVES: 8

BURGERS:

- 1 lb ground beef
- ½ tsp pepper
- ½ tsp garlic salt
- 4 oz pepper jack cheese, sliced into 24 pieces
- 3 oz bacon, cooked and sliced into 24 pieces
- 12 cherry tomatoes, halved
- 1 cup leaf lettuce
- 1 (16 oz) jar Abby J's Sweet Fire Pickles

OPTIONAL TOPPINGS:

onions, avocados, etc.

DIPPING SAUCE:

- ½ cup mayonnaise
- 3 tbsp Abby J's Smokin Hot Sauce
- 1 tbsp dill relish
- ½ tsp paprika

1. Preheat the oven to 400°F.
2. In a bowl, combine the ground beef with salt and pepper.
3. Divide the mixture into 24 portions (about 1 tbsp each) and roll into mini meatballs.
4. Place the meatballs on a parchment-lined baking sheet and bake for 15 minutes.
5. Turn the oven off. Add a slice of cheese to each meatball and return the baking sheet to the warm oven for 2 minutes, or until the cheese is melted.
6. While the cheese is melting, whisk together the dipping sauce ingredients in a small bowl. Taste and adjust the spice level if needed.
7. To assemble, slide (in order) a tomato half, a pickle, bacon, lettuce, and a cheeseburger bite onto a wooden skewer.

CHEF'S NOTES:

1. A serving size is 3 burger bites and ½ tbsp. of dip.
2. Since there's no bun, these are Keto and make a great party snack.

PHOTO ON PAGE 7

DALLAS MCCAIDE'S

Summer Corn Salad

SERVES: 8

SALAD:

- 6 ears of corn, shucked
- 2 tbsp olive oil
- 1 tbsp salt
- 1 tbsp pepper
- 2 tbsp smoked paprika
- 1 medium red onion, diced
- 1 large red bell pepper, diced
- 1 cup cherry tomatoes, sliced
- 1 large ripe avocado, diced

DRESSING:

- 4 tbsp olive oil
- 6 tbsp apple cider vinegar
- 1 tsp sugar
- 1 tsp Dijon mustard
- juice of 1 lime
- salt and pepper, to taste

1. Combine and whisk all ingredients for the dressing in a medium bowl; set aside.
2. Boil the ears of corn for 5 minutes.
3. Remove ears of corn from water, brush with olive oil, then sprinkle thoroughly with salt, pepper, and smoked paprika.
4. Place ears of corn on a heated grill, rotating each ear until golden brown on all sides.
5. Allow corn to cool, and slice kernels from the cob into a mixing bowl.
6. Add the remaining ingredients to the mixing bowl, and drizzle with the desired amount of dressing and toss to combine.
7. Refrigerate until ready to serve.

PHOTO ON PAGE 13

JASMIN QUEEN'S

9-Layer Greek Dip

SERVES: 6

GREEK DIP:

- 1 (8 oz) carton of hummus
- 1 cup tzatziki sauce
- ½ cup green bell pepper, chopped
- ½ cup red bell pepper, chopped
- ½ cup English cucumber, diced
- 1 (14 oz) can chopped artichoke hearts
- ½ cup kalamata olives
- ¼ cup chopped pepperoncini
- 1 cup crumbled feta cheese
- salt and pepper, to taste

PITA CHIPS:

- 3 pita loaves, sliced in half and cut into triangles
- 1 tbsp olive oil
- 1 tsp garlic powder

TZATZIKI SAUCE:

- ½ cup Greek yogurt
- ½ cup cucumber, peeled, seeded, and grated
- 4 tsp lemon juice
- 1 garlic clove, minced

1. Preheat the oven to 350°F.
2. Brush the pita triangles with olive oil and sprinkle with garlic powder. Bake for 7 minutes or until golden brown.
3. Combine the ingredients for the tzatziki sauce; set aside.
4. To assemble the dip, layer the first 6 ingredients in a vessel (I used a 9-inch deep-dish pie pan.) Top with olives, pepperoncini slices, feta cheese, and salt and pepper.
5. Refrigerate until ready to serve.

CHEF'S NOTES:

1. This dish can be prepared in advance. To save time, buy premade tzatziki sauce and bagged pita chips.



CHEF CARLA FIGÁRO'S

Blazin' Confetti Crunch Salad

SERVES: 8 - 10

1 bunch asparagus, blanched and cut on the diagonal into 1-inch pieces

1 small red onion, cut in half and thinly sliced horizontally (soaked in ice water)

5 ea baby yellow & orange bell pepper, washed, seeded, and cut in thin strips

4 firm Roma tomatoes, de-seeded and cut into thin strips

½ lemon, juiced

2 tbsp plant-based mayonnaise

1 lg garlic clove, mashed into a paste

2 tbsp sriracha

salt and pepper, to taste

1. Place all the cut vegetables in a large bowl.

2. In a separate bowl, combine the mayonnaise, lemon juice, sriracha, garlic, and salt; mix well.

3. Pour the dressing over the salad and mix until evenly coated.

4. Refrigerate for 20 minutes before serving.

KAITLYN BAKER'S
Berry, Feta, Crunch Salad

SERVES: 2 - 3

SALAD:

5 oz (about 5 cups) mixed
spring greens or baby spinach
½ cup strawberries
½ cup blueberries
¼ cup crumbled feta cheese
¼ cup shelled pistachios
(roasted and unsalted preferred)
red onion, thinly sliced (optional)
¼ avocado, sliced

DRESSING:

2 tbsp balsamic vinegar
1 tbsp olive oil
1 tsp honey or
maple syrup
½ tsp Dijon mustard
salt and black
pepper, to taste

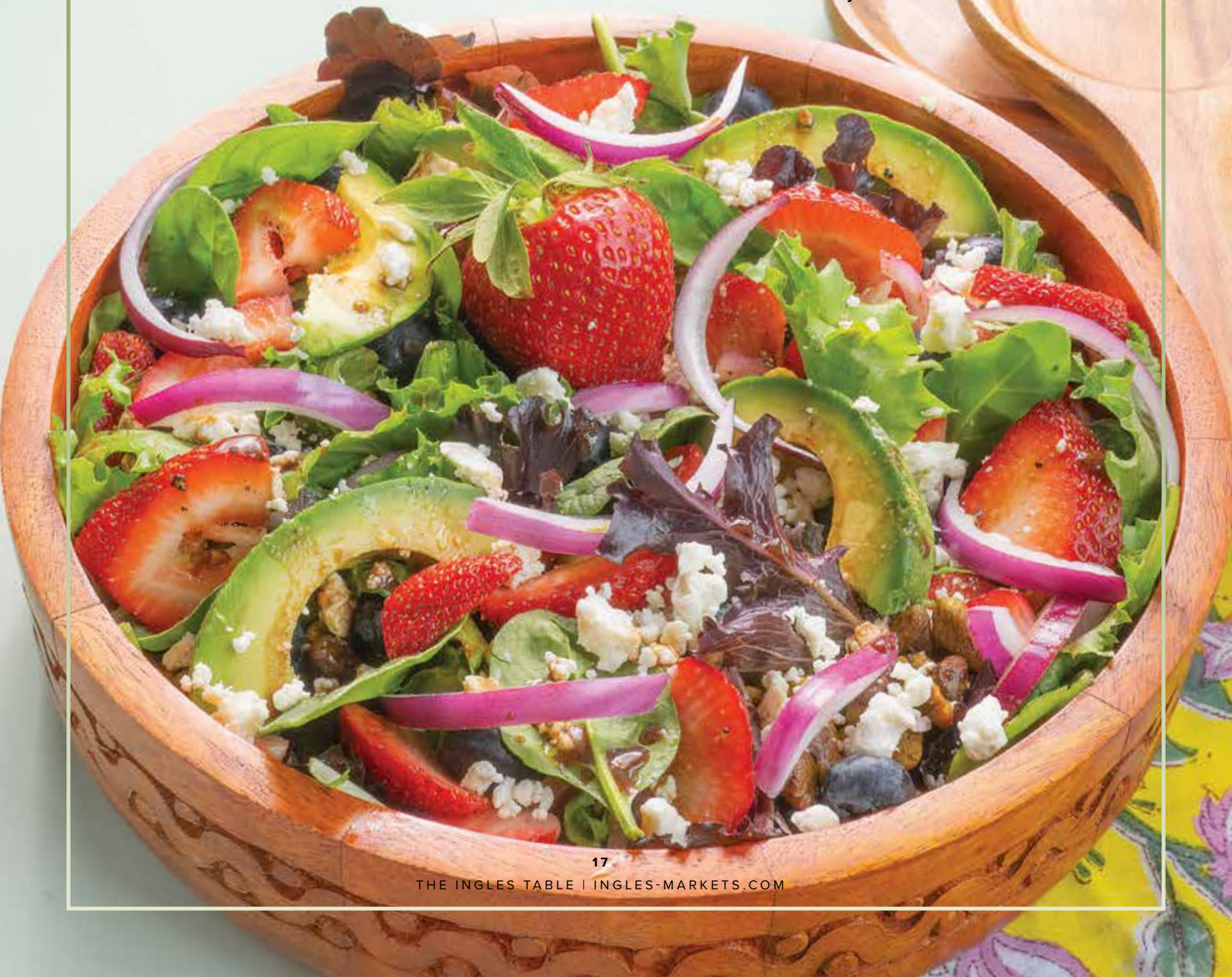
1. In a large salad bowl, add the mixed greens.

2. Layer in the sliced strawberries, blueberries, red onion (if using), feta, and pistachios.

3. Add all the dressing ingredients in a small bowl or jar and blend well.

4. Drizzle the dressing over the salad just before serving and toss gently.

5. If using avocado, add it to the top of the salad and serve immediately.



KELLI & ERIN'S
TOMATO PEACH
BURRATA SALAD
RECIPE ON PAGE 26





MARY BYER'S

Hickory Nut Gap Patty Melts

SERVES: 2

1 lb Hickory Nut Gap
80/20 ground beef
kosher salt
freshly cracked black pepper
4 slices thick-cut
sourdough bread
2–3 tbsp butter, divided
2 lg sweet onions, sliced into
thin half-moons
1 tbsp olive oil
1 tbsp balsamic vinegar
1 cup shredded Gruyère
½ cup Ingles extra sharp
white cheddar, shredded

1. Prep the patties by seasoning the ground beef generously with salt and pepper. Divide into two portions and shape each one into an oval patty, slightly larger than your bread slices — they'll shrink as they cook.
2. Heat a cast-iron skillet over medium. Add a generous pat of butter. Once melted, place the sourdough slices in the pan and toast until golden and crisp on both sides. Set aside on a plate.
3. Once the bread is toasted, caramelize the onions in the same skillet: Add a splash of olive oil and a bit more butter, then toss in the sliced sweet onions with a pinch of salt. Cook low and slow, stirring often, for 25–30 minutes until deeply golden. Finish with a small drizzle of balsamic vinegar for depth.

Remove from the pan and set aside.

4. To griddle the patties, crank the heat back up to medium. Cook the patties for 7 minutes per side, or until a rich crust forms. When you flip them, let them go for a minute or two, then pile on the caramelized onions.

5. Right before the patties are finished, sprinkle the shredded Gruyère and white cheddar over the onions. Cover the pan to trap the heat and let that cheese get melty and luscious.

6. Once the cheese is melted, carefully lift each patty and place it on a slice of the toasted bread. Top with the other slice. Press gently.



DALLAS MCCADE'S

Watermelon Basil Salad with Honey Balsamic Dressing

SERVES: 4

SALAD:

2 cups mixed greens of your choice
¼ cup fresh basil, chopped
1 cup watermelon, cubed
¼ cup cucumber, chopped

DRESSING:

2 tbsp balsamic vinegar
1 tsp honey

1. Whisk balsamic vinegar and honey thoroughly, set aside.
2. Toss the greens and basil, and place on a serving plate.
3. Top with watermelon and cucumber.
4. Drizzle with the desired amount of dressing.

The Ingles Table Team



DEBORAH ADAMS

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



CHEF CARLA FIGARO

Chef, Wellness Coach, and Life Consultant



DALLAS MCCADE

'Kincaid & Dallas' morning show host
with a passion for animals and
vegan cooking.



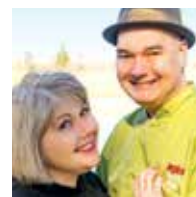
KAITLYN BAKER

Nashville Recording Artist/Songwriter



CHEF JOHN GIFALDI

Personal Chef



SUZY & CLARK NEAL

Unicoi Preserves



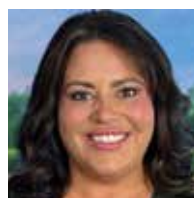
MARY BYERS

Hickory Nut Gap Farms



LEAH & TAYLOR HOWARD

Cultivated-cocktails.com



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



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Founder of Abby J's Gourmet /
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Chair, Stuckey's Corporation

Table for Two

EASY MEALS MADE JUST FOR TWO

DEBORAH ADAMS'S
JERK SALMON WITH
CARIBBEAN SLAW
RECIPE ON PAGE 26

SUZY AND
CLARK NEAL'S

Jerk Chicken with Caribbean Salsa

SERVES: 6

CHICKEN:

3 tbsp jerk seasoning
3 tbsp canola oil
2 tbsp soy sauce
1 tsp turbinado sugar
2 lbs chicken,
boneless, skinless

SALSA:

1 cup pineapple, diced
1 cup mango, diced
1 cup colored bell pepper, diced
1 (15 oz) can black beans,
drained and rinsed
1 jalapeño, minced
¼ cup green onions, chopped
⅛ cup cilantro, chopped
1 tbsp lime juice
1 tbsp apple cider vinegar
¼ tsp table salt

1. In a small bowl, mix together jerk seasoning, canola oil, soy sauce, and sugar.
2. Add chicken to a zip-top bag, pour the marinade over the chicken, and seal the bag. Massage the marinade into the chicken, and refrigerate 4 hours or longer; overnight is ideal.
3. To make the salsa, add all ingredients to a mixing bowl, and stir to combine. Refrigerate, covered, until ready to serve.
4. Grill chicken over direct heat for 8-10 minutes, turning occasionally. Cook until the chicken has reached an internal temperature of 165°F and the outside of the chicken is caramelized and deep golden brown. Serve immediately with the prepared salsa.



UNICOI
PRESERVES





SMOKIN' JOE'S
CHARGRILLED SHRIMP SKEWERS
WITH HONEY-SRIRACHA CITRUS GLAZE
RECIPE ON PAGE 26

SCOTT CULPEPPER'S
London Broil and Arugula Salad

SERVES: 6

1 (2-3 lb) London broil
5 oz fresh arugula
2 whole lemons
8 oz Parmesan cheese wedge
1 (16 oz) bottle of Laura Lynn
traditional Italian dressing
salt and pepper, to taste
canola oil

SALAD:

1. Juice the two lemons and add the juice to the Italian dressing; shake to combine.
2. Place the arugula in a large mixing bowl.

3. Dress the arugula with your desired amount of dressing and toss.

4. Using a potato peeler, shave fresh Parmesan into the arugula. Use as little or as much Parmesan as you prefer.

5. Toss the salad to combine all ingredients and transfer to a large platter.

6. Slice the London broil on the bias about 1/4" thick. Place over the salad, garnish with more shaved Parmesan, and serve.

LONDON BROIL:

1. Heat the grill to medium-high heat.
2. Lightly coat the London broil with canola oil and season both sides with salt and pepper.
3. For medium-rare, grill 6-8 minutes per side (135°F internal temperature). Grill longer if you like your meat well-done.
4. Remove from the grill, cover with aluminum foil and let rest for 10 minutes.



KELLI & ERIN'S

Tomato Peach Burrata Salad

SERVES: 6

SALAD:

2 large tomatoes, sliced
3 ripe peaches, sliced
2 cups cherry or grape tomatoes, halved
1 (8 oz) burrata cheese, drained
salt and pepper, to taste (optional)
2 tbsp balsamic glaze, drizzled
fresh basil, chopped for
garnish (optional)
grilled bread,
for serving (optional)

BALSAMIC VINAIGRETTE:

½ cup olive oil
2 tbsp balsamic vinegar
1 tbsp honey
1 tbsp Dijon mustard
1 tsp kosher salt
1 tsp minced garlic

1. Arrange all of the tomatoes and peaches on a large platter.
2. Add the balls of burrata cheese to the center of the platter.
3. Drizzle with the vinaigrette dressing and balsamic glaze.
4. Garnish with fresh basil, salt, and pepper.
5. Serve with grilled French bread or crostini toast and enjoy!

PHOTO ON PAGE 18

DEBORAH ADAMS'S

Jerk Salmon with Caribbean Slaw

SERVES: 6

SALMON:

2 tbsp jerk seasoning
2 (6-8 oz) salmon fillets
4 tbsp olive oil, divided in half

CARIBBEAN SLAW:

2 cups cabbage slaw mix
½ cup cubed mangos
½ cup cubed pineapple
½ cup bell peppers, any colors,
cleaned and chopped
2 tbsp poblano pepper, cleaned and chopped
2 green onions, trimmed and sliced
2 tsp lime juice
2 tsp honey
½ tsp salt and pepper

1. Heat 2 tbsp olive oil in a non-stick skillet on medium heat.
2. Season salmon fillets with jerk seasoning. Cook for 5-7 minutes on each side, turning once.
3. Combine cabbage slaw mix with mango, pineapple, peppers, and green onions.
4. Toss the slaw mixture with lime juice, 2 tbsp olive oil, honey, salt, and pepper.

CHEF'S NOTE:

1. If you prefer, you can use a hotter or milder pepper for the cabbage slaw. The slaw can be made a day ahead—it keeps well for 2-3 days refrigerated.

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SMOKIN' JOE LASHER'S

Tequila Lime Shrimp Tacos with Mango-Avocado Salsa

MAKES: 6-8 TACOS

SHRIMP:

1 lb shrimp, peeled and deveined
2 tbsp olive oil
¼ cup tequila
2 tbsp fresh lime juice
1 tsp lime zest
1 tsp minced garlic
½ tsp each of chili powder, cumin, smoked paprika, salt, and black pepper
½ tsp honey
1 tbsp chopped fresh cilantro

SALSA:

1 ripe mango, diced
1 ripe avocado, diced
¼ cup red onion, finely chopped
½ jalapeno, finely chopped
2 tbsp fresh cilantro, chopped
1 lime, juiced
¼ tsp salt

TACOS:

6 small corn or flour tortillas
½ cup shredded purple cabbage
½ cup Cotija cheese, crumbled
1 lime wedge, for garnish
extra chopped cilantro, for garnish
crema

1. In a bowl, mix olive oil, tequila, lime juice, lime zest, garlic, chili powder, cumin, smoked paprika, salt, black pepper, honey, and chopped cilantro. Add shrimp and toss to coat. Cover and refrigerate for 15-30 minutes.
2. In a separate bowl, combine mango, avocado, red onion, jalapeño, cilantro, lime juice, and salt. Gently toss and set aside.
3. Heat a large skillet or grill pan over medium-high heat. Add shrimp and cook for 2-3 minutes per side, until opaque. Don't overcook.
4. Warm tortillas on a dry skillet or directly over the flame for a slight char. Layer with cabbage, shrimp, and a spoonful of salsa. Sprinkle with Cotija cheese and garnish with cilantro.
5. Serve with lime wedges, hot sauce, or crema.

PHOTO ON PAGE 24

CHEF JOHN GIFALDI AND LILYANA GIFALDI'S

Sheet Pan Gnocchi with Peppers and Sausage

SERVES: 4

1 (16 oz) package shelf-stable potato gnocchi

1 lb Italian sausage (mild or spicy)

3 bell peppers (1 red, 1 orange and 1 yellow), sliced

1 red onion, sliced

1 clove garlic, grated

2 tbsp olive oil

1 tsp garlic powder

1 tsp Italian seasoning

½ tsp crushed red pepper

flakes (optional)

salt and pepper, to taste

fresh basil or parsley,
for garnish

freshly grated
Parmesan (optional)

1. Preheat the oven to 425°F.
Line a sheet pan with parchment
paper or foil.

2. Add the gnocchi to a pot of
salted boiling water and cook
for 5 minutes, then drain and
set aside.

3. Cut the Italian sausage into
2-inch slices on the bias.

4. In a large bowl, toss
gnocchi, sausage, peppers,
and onion with olive oil,
garlic powder, Italian
seasoning, red pepper flakes
(if using), salt, and pepper.

5. Arrange everything in an
even layer on the prepared
sheet pan and roast for
20 minutes until the gnocchi
are golden and crispy, and the
sausage is cooked through.

6. Serve hot, garnished
with fresh herbs and a
sprinkle of Parmesan if desired.



MARY BYER'S

Hickory Nut Gap Mediterranean Beef Kofta

SERVES: 4

KOFTA:

1 lb Hickory Nut Gap
100% grassfed ground
beef (90/10 or 80/20)

2 cloves garlic

¼ small onion

½ cup fresh parsley

¼ cup fresh mint

¼ cup fresh cilantro

1 tsp ground cumin

½ tsp ground
coriander

¼ tsp ground
cinnamon

1 tsp kosher salt

½ tsp black pepper

wooden skewers,
soaked in water

YOGURT SAUCE:

3 cups Ingles whole
milk Greek yogurt

1 clove garlic

juice of 1 lemon

1 tbsp honey

¼ cup fresh mint

¼ cup fresh cilantro

½ block feta cheese
(about 3 oz)

salt, to taste

SALAD:

1 lb of ripe tomatoes,
quartered

1 whole English
cucumber, sliced
into quarter rounds

¼ red onion, thinly
sliced into half moons

olive oil

lemon juice

salt

1. In a food processor, blend the garlic, onion, mint, parsley, and cilantro until finely chopped.

2. In a large bowl, mix ground beef with the herb mixture, cumin, coriander, cinnamon, salt, and pepper. Shape into flat, elongated patties and thread each one onto a wood skewer soaked in water.

3. Heat a cast-iron skillet or grill over medium heat. Cook kofta for about 7 minutes per side, or until browned and cooked through.

4. Make the yogurt sauce in the same food processor, combining Greek yogurt, garlic, lemon juice, honey, herbs, feta, and salt. Blend until smooth and creamy.

5. Assemble the platter by spreading the yogurt sauce on a large serving dish. Top with tomatoes, cucumbers, and red onion. Drizzle with olive oil, lemon juice, and a sprinkle of salt.

6. Place cooked kofta next to the veggie mix and yogurt sauce. Serve with warm naan or pita.





**KELLI & ERIN'S
MARGARITA
ZUCCHINI BOATS**
RECIPE ON PAGE 40

Table for Two

EASY MEALS MADE JUST FOR TWO

DEBORAH ADAMS'S
PORK CHOPS ROCKEFELLER WITH PARMESAN ASPARAGUS
RECIPE ON PAGE 40



LEAH HOWARD'S
Poolside Popsicles

SERVES: 1

2 oz Asheville vodka

1 oz pineapple juice

2 oz mango purée

¼ oz fresh lime juice

sparkling rosé (to top)

1 flavored popsicle
(fruit-based preferred)

1. In a shaker filled with ice, pour in the vodka, pineapple juice, mango purée, and lime juice.
2. Shake vigorously for about 10 seconds until well-chilled.
3. Strain the mixture into a large rock glass or stemmed glass over fresh ice.
4. Gently top with sparkling rosé.
5. Add a flavored popsicle directly into the glass—this adds flavor as it melts and a playful touch your guests will love.
6. Serve immediately and enjoy under the sun!



SCOTT CULPEPPER'S

Crab Stuffed Salmon

SERVES: 6

1 (2 - 2 ½ lb) salmon filet (skin can remain on)

1 (8 oz) can crab meat

6 sun-dried tomatoes

1 cup fresh spinach

¾ cup Parmesan cheese, freshly grated

1 tsp paprika

salt and pepper, to taste

½ cup sweet chili sauce

½ cup teriyaki sauce,
plus extra for brushing salmon

1. Preheat the oven to 375°F.

2. Butterfly the salmon filet by slicing it horizontally through the center, being careful not to cut all the way through.

3. Finely chop crab, tomatoes, and spinach; combine.

4. Add Parmesan cheese, paprika, salt, and pepper to the crab mixture; mix to combine.

5. Spread the crab mixture evenly inside the butterflied filet, then fold the salmon closed.

6. Place salmon on a parchment-lined baking sheet; brush with teriyaki.

7. Bake uncovered for 18-22 minutes.

8. While the salmon is baking, combine chili sauce and teriyaki.

9. Remove the salmon from the oven, brush with the sweet chili-teriyaki glaze, and serve.

SMOKIN' JOE LASHER'S

Chargrilled Ahi Tuna with Chipotle-Lime Aioli and Avocado Slaw

SERVES: 4

TUNA:

4 Ahi tuna steaks
2 tbsp olive oil
1 tsp kosher salt
1 tsp black pepper
1 tsp smoked paprika
½ tsp garlic powder

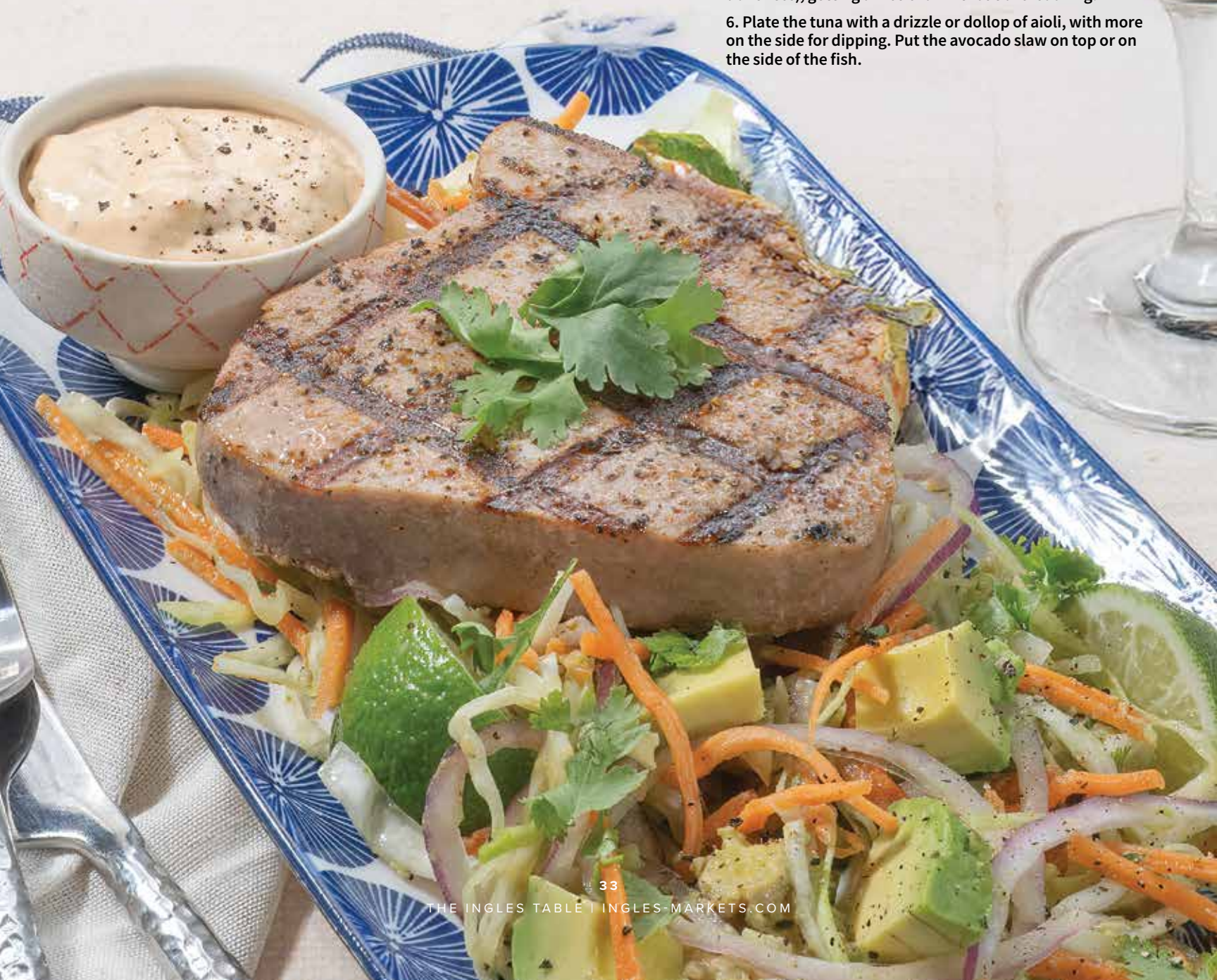
AIOLI:


½ cup mayonnaise
2 chipotle peppers in adobo,
finely chopped
1 tbsp fresh lime juice
1 tsp lime zest
1 tsp minced garlic
1 tsp salt, to taste

AVOCADO SLAW:

2 cups shredded green cabbage
1 cup shredded carrots
½ small red onion, thinly sliced
1 ripe avocado, diced
2 tbsp fresh cilantro, chopped
1 tbsp lime juice
1 tbsp olive oil
1 tsp salt, to taste

1. Preheat the grill for direct cooking over high heat.
2. Coat the tuna steaks with olive oil and then rub seasonings on both sides; set aside.
3. In a small mixing bowl, combine all aioli ingredients and mix until smooth. Place in the fridge until ready to plate.
4. In a large bowl, toss carrots, cabbage, and onion together. Add avocado, cilantro, lime juice, and olive oil. Gently fold until mixed and season with salt and pepper. Refrigerate until ready to plate.
5. Place tuna steaks on a hot grill, searing each side for 1 ½ - 2 minutes per side for rare (or longer for preferred doneness), getting a nice char without overcooking.
6. Plate the tuna with a drizzle or dollop of aioli, with more on the side for dipping. Put the avocado slaw on top or on the side of the fish.





CHEF ABBY J'S

Mint and Cucumber Lemonade

SERVES: 8

1 cup fresh lemon juice	1 lemon, sliced for garnish	2 cups blanco tequila
1¼ cup sugar		4 cups water
1 cucumber, sliced, plus more for garnish	10 mint leaves, plus more for garnish	ice

1. In a pitcher, combine the lemon juice, cucumber, and mint. Stir well and refrigerate for at least 2 hours to allow the flavors to steep.
2. In a separate pitcher, mix 4 cups of water, tequila, and sugar. Stir until the sugar is fully dissolved.
3. Using a fine sieve to strain out the cucumber and mint, pour the chilled lemon mixture into the tequila mixture.
4. Add fresh cucumber and lemon slices to the pitcher.
5. Serve over ice and enjoy immediately.

CHEF'S NOTES:

1. You could also make this recipe with vodka or gin, or leave out the alcohol entirely for a delicious mocktail.



SUZY AND CLARK NEAL'S

Cherry Cobbler

SERVES: 6 - 7

FILLING:

2 (21 oz) cans
cherry pie filling
½ cup light
brown sugar
2 tbsp maple syrup
1 tsp vanilla
pinch of salt

TOPPING:

1½ cups self-rising flour
2 tbsp granulated sugar
1¼ cups heavy
whipping cream
2 tbsp butter,
unsalted, melted
1 tbsp turbinado sugar
non-stick spray,
for greasing the pan
vanilla ice cream, for serving

1. Preheat oven to 375°F. Spray a 9" round cake pan or 9x9 baking dish with non-stick spray.
2. Stir together all filling ingredients in a medium mixing bowl. Pour into prepared pan, and set aside.
3. In a small bowl, whisk together flour and granulated sugar. Use a spoon to stir in heavy whipping cream to make a sticky dough.
4. Use two tbsps to spoon the sticky dough into 16-18 equal dollops, adding one at a time to the top of the filling.
5. Brush the top of the cobbler with melted butter, then sprinkle with turbinado sugar.
6. Bake on the middle rack for 25-30 minutes or until the top is golden brown, and the filling is bubbling.
7. Remove from the oven, cool slightly, and serve with vanilla ice cream, if desired.

Chef's Note: Keep your oven clean by placing a foil-lined baking sheet on the bottom rack of your oven.

STEPHANIE STUCKEY'S

Bourbon Banana Bread Pudding with Caramel Sauce and Glazed Pecans

SERVES: 6

BREAD PUDDING:

5 cups stale sweet bread, cubed
2 ripe bananas, mashed
3 eggs
1½ cups whole milk
½ cup heavy cream
¼ cup bourbon
½ cup brown sugar
1 tsp cinnamon
½ cup chopped Stuckey's Kettle Glazed Pecans

CARAMEL SAUCE:

½ cup sugar
2 tbsp butter
¼ cup heavy cream
Pinch of sea salt

1. Preheat the oven to 350°F.
2. In a large bowl, whisk eggs, milk, cream, bourbon, banana, sugar, and cinnamon. Fold in bread cubes and pecans.
3. Let sit for 15 minutes, then pour into a buttered baking dish. Bake for 40–45 minutes.
4. Meanwhile, make caramel: melt sugar, stir in butter, then cream and salt. Simmer until smooth.
5. Drizzle warm sauce over the bread pudding. Garnish with whole glazed pecans.

CHEF'S NOTES:

1. While it's warm and straight from the oven, serve with a scoop of vanilla ice cream or a dollop of whipped cream sprinkled with cinnamon.
2. Leftovers? Slice, sear in butter, and call it breakfast. No judgment here.



STEPHANIE STUCKEY'S

Sweet Tea Poached Pears with Honey Roasted Pecan Praline Crumble

SERVES: 4

POACHED PEARS:

4 firm pears, peeled, halved, cored
3 cups strong-brewed sweet tea
½ cup brown sugar
1 cinnamon stick
1 tsp vanilla extract

PECAN PRALINE CRUMBLE:

½ cup Stuckey's Honey
Roasted Pecans, chopped
2 tbsp butter
2 tbsp brown sugar
Pinch of salt

1. Simmer sweet tea, brown sugar, cinnamon, and vanilla. Add pears, cover, and poach 20–25 mins until tender.

2. In a skillet, melt butter, add brown sugar, and pecans. Cook until sticky and caramelized

(3–5 mins), then cool to form a brittle-like crumble.

3. Plate warm pears with a spoonful of the crumble on top.

CHEF'S NOTE:

Let the pears soak in the tea longer if you want them sweeter.





LEAH HOWARD'S

Mountain Melon Dew

SERVES: 1

2 oz Asheville vodka 3 fresh raspberries
2 oz fresh lemonade 3 honeydew melon balls
½ oz raspberry syrup

1. In a shaker with ice, combine the vodka, lemonade, and raspberry syrup
2. Shake vigorously for about 10 seconds, then strain into the chilled glass over fresh ice.
3. Skewer raspberries and melon balls on a cocktail pick and rest it across the rim of the glass.

GRILL



KAITLYN BAKER'S
STRAWBERRY COCONUT
LIME POPSICLES
RECIPE ON PAGE 40

KELLI & ERIN'S

Margarita Zucchini Boats

SERVES: 6

3 zucchini
2 tbsp olive oil
1 tsp dried oregano
1 tsp garlic powder
1 (14 oz) jar Laura Lynn pizza sauce
1 (8 oz) pkg fresh mozzarella pearls
1 cup cherry tomatoes, halved
½ cup Parmesan cheese, shredded
fresh basil, to garnish

1. Preheat the oven to 350°F.
2. Halve zucchini lengthwise.
3. Using a spoon or melon baller, scoop out the middle of zucchini to create a boat shape.
4. Line zucchini on a baking pan and brush with olive oil.
5. Season with garlic powder and oregano.
6. Spoon pizza sauce into the hollowed-out section and top with cherry tomatoes and mozzarella pearls.
7. Sprinkle each zucchini boat with Parmesan cheese and bake for 25 minutes.
8. Remove from the oven, garnish with fresh basil, and serve.

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DEBORAH ADAMS'S

Pork Chops Rockefeller with Parmesan Asparagus

SERVES: 2

2 bone-in or boneless pork chops
½ tsp garlic powder
½ tsp salt and pepper
2 tbsp vegetable oil
1 cup baby spinach, cleaned and chopped
3 tbsp chives and onion cream cheese
½ cup shredded Parmesan cheese, divided in half
2 tsp lemon juice
¼ cup Italian breadcrumbs
2 tbsp butter, melted
2 tbsp mayonnaise
12 oz asparagus, washed and woody ends trimmed
cooking spray

1. Preheat the oven to 400°F.
 2. Cover a baking sheet with foil and spray with cooking spray.
 3. Wash pork chops and pat dry. Sprinkle it with garlic powder, salt, and pepper.
 4. Heat a non-stick skillet with 2 tbsp vegetable oil.
 5. Cook pork chops in a skillet on medium heat for 4-7 minutes on each side.
 6. Combine spinach, cream cheese, mayonnaise, lemon juice, and ¼ cup Parmesan.
 7. Combine breadcrumbs with butter.
- Put asparagus on half of a sheet pan and spray with cooking spray, salt, and pepper.
- Put the chops on the other side of the pan, top with spinach mixture, then bread crumbs.
- Cook in a hot oven for 10-15 minutes until the asparagus is done and the chop is 145°F.
- Sprinkle the other ¼ cup of Parmesan on asparagus 2-3 minutes before removing.
- Remove. Let rest for 5 minutes and serve.

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KAITLYN BAKER'S

Strawberry Coconut Lime Popsicles

SERVES: 6

2 cups fresh strawberries, hulled and chopped
1 (13.5 oz) can full-fat coconut milk, plus
¼ cup extra coconut milk
2-3 tbsp honey or maple syrup, to taste
1 tsp lime zest
2 tsp lime juice
¼ - ½ tsp vanilla (optional)
pinch of salt
popsicle mold

1. Blend all ingredients until smooth and creamy.
2. Taste and adjust the sweetness or lime to your preference.
3. Pour into popsicle molds.
4. If desired, add extra chopped strawberries, lime, or coconut flakes into the molds for added texture.
5. Freeze for at least 6 hours or overnight.

Chef's Notes:

1. These popsicles are naturally dairy-free and can be made vegan by using maple syrup instead of honey.
2. You can substitute other berries or add finely chopped fruit for texture before freezing.

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