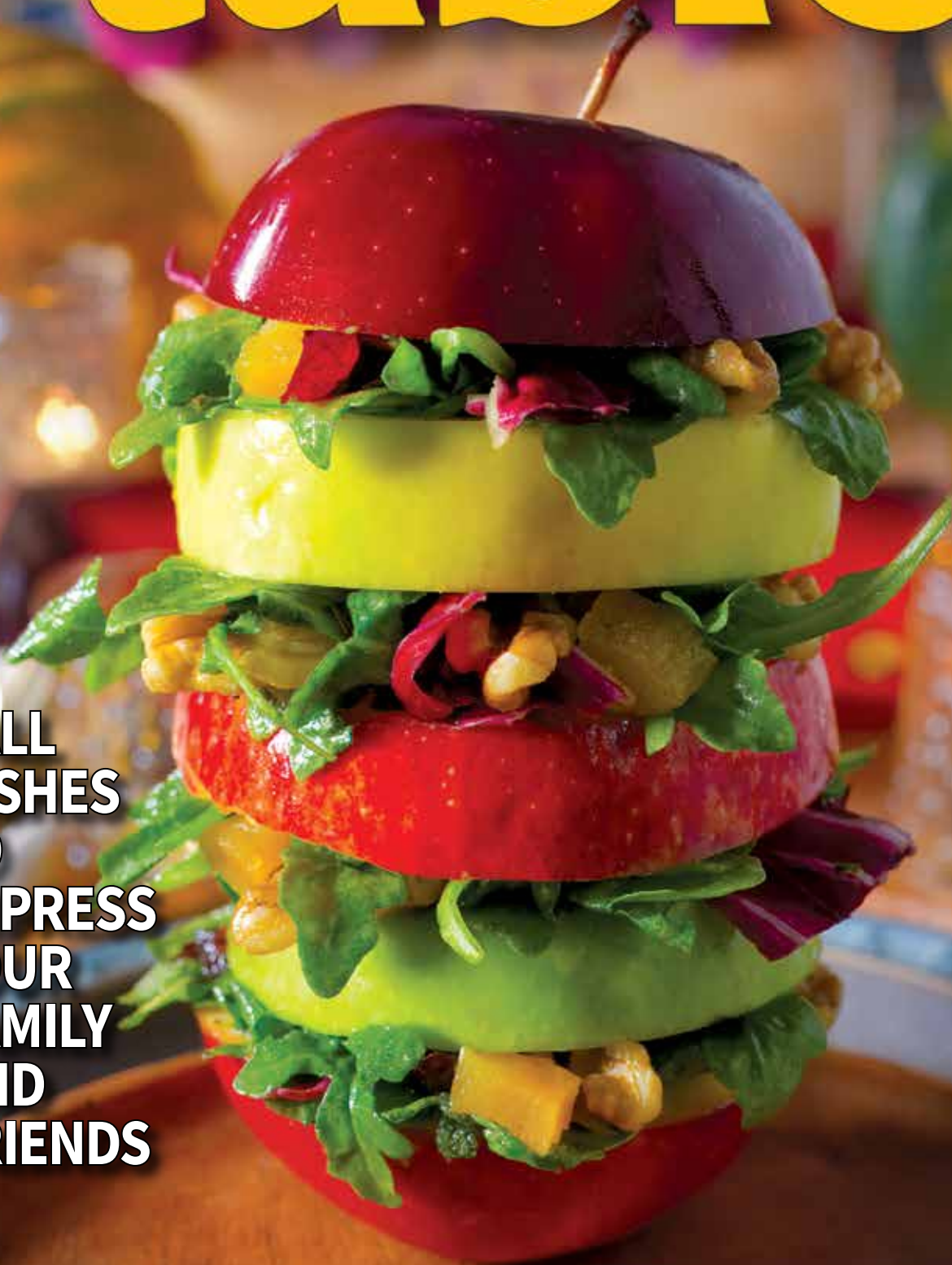


Free

ingles table

FALL
DISHES
TO
IMPRESS
YOUR
FAMILY
AND
FRIENDS



As the crisp autumn air rolls in and the kids settle back into school, it's time to embrace the excitement of the season! The holidays are fast approaching, and football fever is in the air—what better way to celebrate than by gathering your favorite people for some unforgettable feasts? We hope to inspire you with recipes and ideas, like on the cover. Next time you're making a dinner salad, serve it between slices of sweet fall apples. It's beautiful and tasty.

At Ingles Table, we've been cooking up a storm to bring you easy, mouth-watering recipes that are as budget-friendly as they are delicious. From bold flavors to creative dishes, we're all about making your meals exciting and memorable.

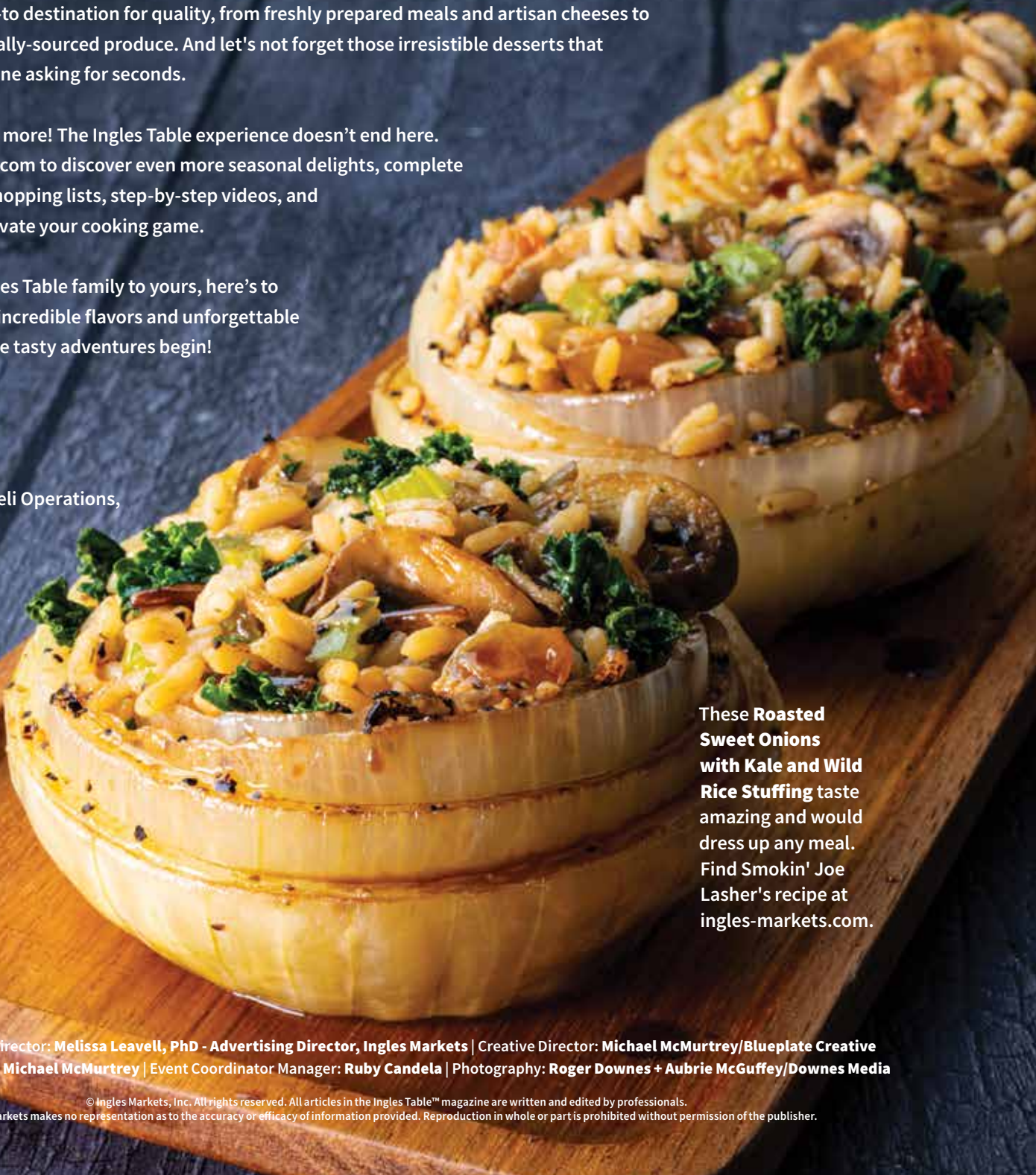
Ingles is your go-to destination for quality, from freshly prepared meals and artisan cheeses to the freshest, locally-sourced produce. And let's not forget those irresistible desserts that will leave everyone asking for seconds.

But wait, there's more! The Ingles Table experience doesn't end here. Visit inglestable.com to discover even more seasonal delights, complete with printable shopping lists, step-by-step videos, and handy tips to elevate your cooking game.

So, from our Ingles Table family to yours, here's to a Fall filled with incredible flavors and unforgettable moments. Let the tasty adventures begin!

Cindy

Cindy Mixon
Vice President Deli Operations,
Ingles Markets



These **Roasted Sweet Onions with Kale and Wild Rice Stuffing** taste amazing and would dress up any meal. Find Smokin' Joe Lasher's recipe at ingles-markets.com.

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Michael McMurtrey's **Spicy Maple Nuts** are perfect as snack, sprinkled over a tossed salad, as a crunchy ice cream topping, and as a hostess gift for a holiday get-together. Get the full recipe at ingles-markets.com





SCOTT CULPEPPER

Proud Marine with a passion for aviation and Southwestern cooking

Shrimp and Grit Bites

SERVES: 10-12

- 1 cup peeled/deveined shrimp, chopped
- 2 tbsp. butter
- 1 tsp. seafood seasoning
- 2 ½ cups leftover cooked grits
- 1 cup shredded sharp cheddar cheese
- 1 cup all-purpose flour
- 3 large eggs, beaten
- 1 cup seasoned panko bread crumbs
- peanut oil for frying

1. Fill a large Dutch oven one-half to two-thirds full with oil and bring to a temperature of 350°F over med-high heat.
2. Add 2 tbsp. of butter to a medium-sized saute pan and heat over medium heat.
3. Once the butter has melted, add shrimp and seafood seasoning. Saute for 2-3 minutes until cooked through. Transfer to a dish to cool slightly.
4. Add grits, shrimp, and cheese to a mixing bowl; stir to combine.
5. Form golf ball-sized portions in your hands and place to the side.
6. Now, in one bowl, add AP flour. Add beaten eggs to a second bowl and panko breading to a third bowl.
7. Dip each grit ball into the flour mixture; shake to remove excess. Then, dip into the egg mixture. Finally, roll each ball in the panko, coating thoroughly.
8. Carefully, add each ball to the Dutch oven. Fry them in batches (don't overcrowd the Dutch oven), and fry until golden brown.
9. Remove the balls to a wire rack to cool before serving.

Chef Notes:

1. When preparing your grits, use whole milk to get creamier grits.
2. Keep an eye on the oil temperature. Too hot and the balls will burn. Too low and they'll be greasy.

Get the Party Started!



**A TASTY
NEW WAY
TO ENJOY
SHRIMP
AND GRITS!**

The sides are the best part!



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

Fall Harvest Salad

SERVES: 6

DRESSING:

- 2 tbsp. apple cider vinegar
- 3 tbsp. avocado oil
- 1 tsp. Dijon mustard
- 2 tsp. maple syrup
- 1/8 tsp. kosher salt
- 1/8 tsp. black pepper

SALAD:

- 8 oz. mixed greens
- 1 cup thinly-sliced red onion
- 4 slices plant based bacon, crumbled
- 1/2 cup dried cherries
- 1/2 cup dried cranberries
- 1/2 Gala apple, sliced thin
- 1/2 Granny Smith apple, sliced thin
- 1/2 pear, sliced thin
- 2 oz. blue cheese or feta, crumbled

1. Add the dressing ingredients together and shake well. Set aside.
2. In a large mixing bowl, add the mixed greens and most of the onions, cranberries, and cherries (reserving some of each for the top of the salad).
3. Transfer the salad to the serving platter. Arrange the apple and pear slices on the salad. Add the rest of the onions, cherries, and cranberries. Add the cheese, drizzle with more dressing, or serve the extra on the side.

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many more recipes
being made.



Baby Carrot and Pear Salad



CHEF CARLA FIGÁRO
Chef, Wellness Coach, and Life Consultant

Creamy Spinach & Mushroom Coconut Rice

SERVES: 4 - 6

- 2 large garlic cloves, smashed
- 1/2 red onion, diced
- 2 tbsp. coconut oil
- 24 oz. mushrooms, sliced
- 2 cups spinach, torn
- 2 cups cooked white rice
- 1/2 tsp. salt (more or less to taste)
- 1 cup coconut milk
- 2 tbsp. nutritional yeast (optional)
- 1/4 tsp. black pepper
- 1/4 cup pine nuts, toasted (optional)

1. Add coconut oil to a medium to large skillet with onion, garlic, mushrooms, and salt on medium heat.
2. Saute until fragrant and mushrooms begin to build a fond (crust).
3. Add coconut milk and cook until slightly reduced.
4. Add spinach, rice and nutritional yeast
5. Stir until warm and bubbly.
6. Place into a serving dish and garnish with toasted pine nuts.

**Delicious
served as
a side or
appetizer!**

Leah's TIPS



**LEAH
MCGRATH
RD, LDN**
Corporate Dietitian,
Ingles Markets
@InglesDietitian
800-334-4936

Fall Flavors and Foods

With cooler temperatures we start to see some familiar fall flavors and dishes.

Instead of summer squash like zucchini and yellow squash; hard or winter squash like Butternut, Acorn, Hubbard, Delicata and Kabocha make more of an appearance in recipes.

FLAVOR: Typically, the different types of winter squash have a sweeter, slightly nutty and more dense flavor, though the different varieties may have slightly different colored flesh and flavor.

NUTRITION: Winter squash are considered a starchy vegetable (source of carbohydrates), are relatively low in calories (45-90 calories per cup cooked), and are a good source of antioxidants (beta carotene and vitamin C) as well as fiber.

STORAGE: Thanks to their tough outer layer, winter squash will keep longer and can be stored on the countertop and do not have to be kept in the refrigerator.

PREPARATION: Because the outer skin is thicker, it can be more difficult to peel or even cut into. Some winter squash can be cut into cubes or slices and cooked with the peel/skin still on it. After roasting you can easily remove the peel and use the flesh of the squash. If you have difficulty cutting the winter squash, try piercing it with a fork and microwaving it for a few minutes until the skin is a bit softer.

(Note: Often you can find peeled and cubed winter squash in the pre-cut produce section at your local Ingles Market or as a frozen product in the Frozen Food section.)

table for 2



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

Hot Honey Chicken with Brussels and Carrots

SERVES: 2

HOT HONEY:

- 1/2 cup honey
- 1 tsp. red pepper flakes
- 1 tbsp. melted butter

BRUSSELS AND CARROTS:

- 1 cup Brussels, trimmed/halved
- 1 cup carrots, peeled and sliced diagonally
- 2 tbsp. parmesan cheese
- 2 tsp. olive oil
- salt and pepper, to taste

HOT HONEY CHICKEN:

- 2 4-6 oz. chicken breasts
- 1 tbsp. olive oil
- salt and pepper, to taste

1. Preheat oven to 400°F.
2. Rinse chicken and pat dry with paper towels. Toss chicken breasts with olive oil and sprinkle with salt and pepper. Put on a sheet pan and into the oven for 5-7 minutes while you prepare hot honey & vegetables.
3. Combine honey & butter with red pepper flakes in a small bowl. Stir well with a fork.
4. Toss prepared vegetables in a bowl with olive oil, salt, pepper, and Parmesan cheese. Remove sheet pan
- from oven. Spread vegetables on the pan in a single layer with the chicken. Drizzle half the hot honey mixture on the chicken and return the pan to the oven. Cook at 425°F for 25-30 minutes. Add additional hot honey to the chicken when done. The chicken should reach an internal temp of 165°F.
5. Plate the chicken and vegetables. You may enjoy sourdough bread with this meal. A light rosé wine pairs well with the sweet & hot taste of the chicken.

PASTA ALWAYS HITS THE SPOT!



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

Three Cheese Pasta

SERVES: 4

- 1 lb. your pasta of choice
- 1 cup grape tomatoes (I use yellow and red)
- 1¼ cup heavy whipping cream
- 4-6 slices bacon, diced
- 6 oz. gruyere cheese, shredded
- 6 oz. gouda cheese, shredded
- 6 oz. Parmesan Reggiano, shredded
- 1 clove garlic, diced
- 2 cup spinach
- salt and pepper, to taste
- fresh parsley, for garnishing

1. Cook pasta for 6 minutes and drain.
2. While the pasta is cooking, cook bacon in a large skillet. When bacon is almost done, add the garlic and sauté for 2 minutes.
3. Add grape tomatoes and let cook for 2 minutes.
4. Whisk in heavy whipping cream, cheese (saving a little to add on top at the end), salt, and pepper. Let boil until it thickens.
5. Add in the spinach and let cook for 2 more minutes.
6. Place pasta into the sauce mixture and combine.
7. Add remaining cheese and garnish with parsley.



UNICOI PRESERVES
Suzy & Clark Neal

PLANT-BASED / GLUTEN-FREE

Butternut Squash and Zucchini Noodle Bolognese

SERVES: 4

- 1 (23.9 oz.) jar Harvest Farms plant-based Bolognese-style vegan pasta sauce
- 4 zucchini, ends trimmed
- 1-2 butternut squash, peeled
- 4 tbsp. Laura Lynn olive oil, divided
- 2 tsp. Laura Lynn minced garlic, divided
- salt and pepper, to taste
- Laura Lynn crushed red pepper flakes (optional)
- fresh basil, chiffonade

1. Add Bolognese pasta sauce to a saucepan, and heat while you prepare the squash.
2. Use a spiralizer to create spaghetti-like strands of the zucchini. Set aside.
3. Cut the squash crosswise, separating the long neck from the bulbous bottom. Save the bottom for another recipe.
4. Spiralize the butternut squash.
5. Heat a large skillet over medium-high heat. Add 2 tbsp. olive oil, zucchini, 1 tsp. of minced garlic, then season with salt, pepper, and crushed red

- pepper. Cook 3-4 mins., or until al dente, using tongs to gently toss while cooking. Remove from pan to serving platter.
6. Add 2 tbsp. olive oil to the pan, set on medium-high heat. Add butternut squash noodles, 1 tsp. minced garlic, salt, pepper, and crushed red pepper. Cook until al dente, 4-5 mins.
7. Remove to a serving platter, and gently toss together with zucchini.
8. Top with Bolognese sauce and fresh basil.

Look for butternut squash with long, lean necks.

The Ingles Table



Shrimp Puttanesca

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

Butternut Squash Gnocchi with Browned Butter and Sage Sauce

SERVES: 4

- | | |
|--|--------------------------|
| 2½ cups, cooked butternut squash (about a 3lb. squash) | black pepper, to taste |
| 2¼ cups all purpose flour | pinch of nutmeg |
| 1 large egg | 1 cup grated parmesan |
| 1/4 tsp salt | 1 stick butter, unsalted |
| | 5 sage leaves, fresh |

1. Cut the squash into thin slices and place them on a parchment paper-lined baking sheet.

2. Bake for 10-15 minutes at 350°F until slightly dry.

3. Place the flour on a work surface, in a mound. Create a well in the of flour.

4. Create a squash mash, using a potato ricer or food processor and put it into the flour well. Create a well in the squash. Salt and black pepper to taste, with a pinch of nutmeg.

5. Beat an egg in a bowl and add it to the squash well.
6. Mix flour, squash, and egg entirely with a fork in each hand until everything is combined and then knead together until firm.

7. Form a round loaf of dough and cut into six wedges.

8. Roll each wedge into a cylinder as thick as a finger.

9. Slice the cylinders into ½” pieces. If not using a gnocchi board, turn each slice on its side and use a fork to imprint the pieces.

8. Bring a large pot of salted water to a rolling boil.
9. Add the gnocchi a few at a time. They will sink to the bottom of the pot initially. When they float to the top, they are done, 1 to 2 minutes.

10. Remove gnocchi with a slotted spoon and drain on a baking rack.

11. For the sauce, melt butter on low heat and then add the sage leaves. Stir for about two minutes.

12. In a serving dish, combine the sauce and gnocchi. Garnish with grated parmesan cheese and serve.



TAYLOR & LEAH HOWARD
Cultivated-cocktails.com

Bloody Mary

SERVES: 1

- 2 oz. Asheville Vodka
- 2 oz. Charleston Bloody Mary mix
- 1/2 oz. worcestershire sauce
- 1/4 oz. lemon juice
- 1/4 oz. pickle juice
- 2 dashes crawfish boil bitters
- 2 dashes Crude Pooter bitters
- bloody mary salt rim

1. Using lemon or lime juice, rim your glass with Bloody Mary salt.

2. Prepare your mix by adding all ingredients, except vodka, to a separate glass.

3. Pour 2 oz. of this prepared mix into a cocktail shaker, add vodka, and fill halfway with ice.

4. Shake for 10 seconds, then strain into the rimmed glass.

5. Top with remaining mixture and garnish. (olives, celery, pickled veggies, lemon or lime wedges).

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

Black Bean and Chorizo Bowl

SERVES: 4

BOWL:

- 3 cups baby spinach
- 2 tbsp. olive oil
- 2 (8 oz.) pkgs. of steam in bag frozen riced cauliflower
- 12 oz. chicken chorizo, coined
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 orange bell pepper, sliced
- 1 can corn, drained
- 1 can black beans, drained
- salt and pepper, to taste
- cilantro, for garnishing

AVOCADO SAUCE:

- 1 avocado, peeled and pitted
- 2 tbsp. Greek yogurt
- 1/2 cup water
- 1 clove garlic
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 lime, juiced

1. Make the avocado sauce by combining all ingredients in a food processor or blender. Set aside.
2. Microwave the rice according to package directions.
3. Heat oil in a large pan. Add chorizo and cook until beginning to brown. Add in the peppers. Cook until soft and chorizo has reached an internal temperature of 160°F.
4. Add the corn, black beans, and spinach; heat until warm.
5. Place cauliflower in a bowl. Top with chorizo and black bean mixture.
6. Drizzle the top with avocado sauce and garnish with cilantro.

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Fajitas

MEXICAN FOOD WITH A TWIST



CHEF CARLA FIGARO
Chef, Wellness Coach,
and Life Consultant

Butternut Squash and Black Bean Enchilada Pie

SERVES: 4

Enchilada Sauce

- 2 tsp. ground cumin
- 4 tsp. chili powder
- 1 tsp. Mexican oregano
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. ground coriander
- 1 tbsp. sugar
- 2 bouillon of choice
- 1/4 onion
- 3 cloves fresh garlic
- 1/4 tsp. cinnamon
- 6 oz. tomato paste
- 29 oz. tomato sauce
- 29 oz. water
- 3 tbsp. avocado oil
- 3 tbsp. flour of choice or maza
- extra salt, to taste

1. Place all ingredients except salt into a power blender and puree.
2. Pour puree in 1 quart pot on medium/high heat. Bring to a slow boil and lower to simmer.
3. Slow continuously.
4. Allow to thicken, if too thick, add water to thin.
5. Remove from heat once desired thickness is reached and add salt if needed.

(This recipe make a little over 7 cups of sauce. Remaining sauce can be frozen for future use.)

Filling:

- 1/2 small butternut squash, small diced
- 2 can black beans, drained and rinsed
- 1 onion, diced
- 15 sprigs of cilantro, finely chopped (optional)
- 2 cloves garlic, finely minced
- 1 serrano chili, finely diced (optional)
- 1/2 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 1 tsp. cumin
- 1 tsp. liquid smoke
- 1 tbsp. avocado or other oil
- 1/2 tsp. salt, adjust to taste
- 1 1/2 cup cheese of choice (optional)
- 1 pkg 20 count tortillas of your choosing

1. Preheat oven 350°F
2. In a large skillet add oil, onion and garlic. Saute until fragrant. Add squash and

cook until just tender.

3. Add in remaining ingredients except tortillas and cheese.
4. Stir to combine and simmer 3 to 5 min.
5. Remove from heat.
6. In an oven safe skillet or casserole place enough enchilada sauce to barely cover the bottom of the Dish.
7. Top with enough tortillas to cover the bottom and top with a portion of filling and (optional)cheese.
8. Drizzle with a little more sauce.
9. Repeat step 1 - 3
10. Top with another layer of tortillas the remaining sauce.
11. Cover and bake 20 - 30 min.
12. Top with more cheese is melted.
13. Let rest for 10 min.
14. Garnish with avocado, sour cream and green onion for the perfect bite.



MARC & ANGELA RYAN
Newlyweds who love cooking together

Fall Nachos

SERVES: 6

- 3 cups shredded Brussels sprouts
- 1 lb. Ingles gluten-free fresh Italian sausage
- 2 tbsp. Laura Lynn avocado oil
- 1/4 tsp. ground allspice
- 1 tsp. kosher salt
- 1 tsp. ground sage
- 1/2 tsp. chile powder
- 1 HoneyCrisp apple, diced into small cubes
- 1 Granny Smith apple, diced into small cubes
- 1 (15-oz.) can Laura Lynn black beans, drained and rinsed
- 1/2 cup of pickled jalapeño juice
- 1/2 bag of Ingles Markets fresh blue and white corn chips
- 1/4 cup chopped fresh cilantro

BUTTERNUT CHEESE SAUCE:

- 4 cups diced butternut squash
- 4 oz. grated sharp cheddar
- 4 oz. grated pepperjack cheese
- 1 tbsp. cornstarch
- 1 tbsp. Laura Lynn butter
- 1 tsp. chile powder
- 1 tsp. kosher salt

1. Heat 1 tbsp of avocado oil in a large skillet over medium heat; add the Italian sausage and chop it into smaller chunks. Add kosher salt, sage, Chile powder, and allspice and stir into the meat. Cook until browned, then remove from the heat and set aside.
2. Sauté shredded Brussels sprouts over medium heat with 1 tbsp. of avocado oil. Add salt and pepper to taste and cook until wilted and browned. Remove from heat and set aside.
3. Combine the apples, the pickled

- jalapeño juice, and cilantro. Stir until evenly blended.
4. Melt butter in a large saucepan over medium heat and add the squash, Chile powder, and kosher salt. Cook and stir the squash until caramelized. Add one cup of water, cover it, bring it to a simmer, and cook until tender.
5. Remove the squash from the heat and mash it with a potato masher until smooth. Add the cornstarch and cheese to the saucepan and resume heating. Continue to cook and whisk

- the cheese sauce until the cheese has completely melted into the squash.
6. Spread the chips evenly over a large platter, then sprinkle the Italian sausage over the chips. Pour half of the cheese sauce on top of the sausage and chips.
7. Place the black beans and Brussels sprouts over the nachos and then sprinkle the apple pico on top of the beans and Brussels sprouts. Pour the remaining cheese over the nachos and serve immediately.

OLÉ!

ITALIAN? MEXICAN? MEXITALIAN? ITALIMEX?



KELLI SMITH & ERIN BARNETT
The Southern Table

Taco Stuffed Shells

SERVES: 6-8

- | | | |
|---------------------------------|------------------------|----------------------------------|
| 1 lbs. ground beef | 1 can of corn | 1/2 cup of Laura Lynn mild salsa |
| 12 oz. jumbo pasta shells | 1 can black beans | |
| 1 oz. Laura Lynn taco seasoning | 1 cup of pico de gallo | 1 cup shredded cheddar cheese |

1. Preheat oven to 350°F.
2. Cook pasta shells according to the directions on the package; drain and rinse.
3. Cook ground beef in a skillet. Drain grease.
4. Add corn, black beans, pico de gallo, and salsa to the ground beef. Stir in taco seasoning.
5. Spray a baking dish with non-stick spray.
6. Spoon meat mixture into pasta shells and place in baking dish.
7. Top with Laura Lynn mild salsa and cheddar cheese.
8. Cover with aluminum foil and bake for about 20 minutes.
9. Remove from oven and top with your favorite taco toppings.

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Cozy up to these reimagined classics

Skillet Chicken Pot Pie

SERVES: 3-4

- 1 cup shredded chicken
- 12 oz. cream of chicken soup
- 1 cup frozen mixed veggies
- vegetable oil, for greasing the skillet
- 1 (16.3 oz.) can extra flaky biscuits
- 2 tbsp. melted butter
- 1/4 tsp. garlic powder
- 1/4 tsp. dried thyme
- 1/4 tsp. dried rosemary
- salt
- black pepper

1. Preheat the oven to 350°F.
2. Mix the chicken, cream of chicken soup, and frozen mixed vegetables in a medium bowl. Add salt and pepper to taste, and stir well.
3. Grease a 10-inch cast iron skillet and pour in the chicken mixture.
4. Mix melted butter with the herbs of your choice. We used the ones listed above, but feel free to add the flavors you prefer.
5. Lay the individual biscuits onto the top of the chicken mixture.
6. Now, brush each biscuit with the herb butter.

7. Place the uncovered skillet into the oven and cook until the chicken mixture is hot and the biscuits are golden brown. (If your chicken mixture isn't hot enough when the biscuits are, place a sheet of aluminum foil over the top to prevent them from burning, and continue to bake.

Chef's Notes:

Use leftover chicken or grab a rotisserie chicken from the Ingles Deli for the shredded chicken to save time.



KAITLYN BAKER
Nashville Recording
Artist/Songwriter

The Ingles Table

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

Greek Stuffed Peppers

SERVES: 6

- 1 tbsp. extra virgin olive oil
- 1/2 tsp. ground beef
- 1 small onion, chopped
- 1 tsp. ground allspice
- 2 garlic cloves, minced
- 1 cup canned chickpeas, drained & rinsed
- 1 small bunch fresh parsley
- 1 (8 oz.) wild rice precooked
- 3/4 tsp. hot paprika
- 1/4 cup tomato sauce
- 1 cup water
- 6 bell peppers, any colors, tops removed and cored
- 1 cup crumbled feta cheese
- salt and pepper, to taste

1. Preheat the oven to 350°F.
2. In a medium-heavy pot, heat 1 tbsp. of extra virgin oil. Sauté the onions. Add the meat and cook over medium-high heat, stirring occasionally, until browned—season with salt, pepper, allspice, and minced garlic. Stir in the chickpeas and cook briefly.
3. Add parsley, precooked rice, paprika, and tomato sauce. Stir to combine.

4. Place bell peppers in the oven with 1 cup of water at 350°F about 15 minutes to soften.
5. Take peppers out of the oven and stuff each evenly with a combination of cooked stuffing mixture and 1/2 the feta cheese.
6. Cover the peppers with aluminum foil and bake for 25 minutes.
7. Remove from the oven and garnish with parsley and the remaining feta.

Greek seasonings, chickpeas, and feta are the secret to these tasty peppers.

Apple Cider Salmon

SERVES: 4

- 4 6 oz. fresh salmon filets, skin removed
- 1 cup apple cider
- 3 tbsp. Laura Lynn honey
- 2 tsp. minced shallots
- 1 tbsp. Laura Lynn avocado oil
- 1 tsp. finely grated lemon zest
- 1 tbsp. whole-grain mustard
- 1 tbsp. chopped fresh tarragon
- 1 tbsp. chopped fresh chives
- 1/2 small jalapeno, thinly sliced
- 1/4 cup crème fraîche
- kosher salt and cracked black pepper, to taste

1. Preheat the oven to 350°F.
2. Sprinkle salt and pepper, to taste, on both sides of each salmon.
3. In a skillet, heat the butter and avocado oil over medium heat until melted and shimmering.
4. Place the salmon in the skillet. Cook until lightly brown.
5. Add the apple cider and shallots to the skillet, then flip the salmon to brown the other side.
6. After each side is lightly golden brown, remove the salmon and set it on top of a wire rack positioned on a baking sheet. Place in the oven and let cook for 10 minutes.
7. Keep simmering the apple cider and

- shallots in the skillet, whisking often until the sauce reduces slightly.
8. Add honey and mustard and continue whisking until the sauce reduces further.
9. Finish the sauce by adding the crème fraîche. Whisk until thick and glossy.
10. Remove the salmon from the oven and place the desired amount of sauce over the salmon. Garnish with chives, tarragon, and jalapenos to taste.

Chef's Note:

1. Add more honey than requested in the recipe to make your sauce even thicker.



MARC & ANGELA RYAN
Newlyweds who love cooking together

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

Pan Seared Scallops with Rainbow Chard and Carrot Sauté

SERVES: 4

- 12 large sea scallops
- 2 tsp. all-purpose flour
- 1 salt and pepper, to taste
- 2 tbsp. vegetable oil
- 2 tbsp. salted butter
- 1 tbsp. minced garlic
- 2 tbsp. olive oil
- 1 yellow onion, sliced
- 2 tsp. minced garlic
- 4 medium carrots, washed and grated
- 1 bunch of rainbow chard, chopped
- 1/4 cup chicken broth
- 1 lemon, juiced
- 1/2 lemon, zested
- 1 sea salt, to taste
- 1/2 cup of crispy bacon, chopped (optional)

1. Heat oil over medium heat in a large sauté pan. Add onions and salt, and stir every few minutes until onions are translucent.
2. Stir in garlic and carrots, continue stirring and cooking until onions are golden brown.
3. Reduce heat to medium-low and stir in chard and chicken broth. Cover with lid and let simmer until greens are slightly wilted and tender (about 5-8 mins). Be careful not to overcook.
4. While the greens are finishing, pat the scallops dry with a paper towel, lightly dust one side with flour, and season with salt and pepper on one side.
5. Heat the skillet over medium-high and add oil. When oil is hot, place scallops seasoned side down. Cook without moving them until browned, not more than two minutes. Note: while the first side is browning, dust upside with flour and season with salt & pepper.
6. Flip scallops. If any scallops are sticking to the pan, carefully wiggle them side to side until they release.
7. Add butter and garlic to the pan, swirling butter around as it melts. Cook for another minute or two and remove from heat.
8. Remove the lid from the greens and stir in lemon juice, zest, and sea salt to taste.
9. Plate greens and serve with four large sea scallops!

Find this bonus recipe to the right (and more) at [ingles-markets.com](https://www.ingles-markets.com)

[Ingles-markets.com](https://www.ingles-markets.com)



Everything Bagel Salmon

Don't forget to bake something sweet!



KAITLYN BAKER
Nashville Recording
Artist/Songwriter

Pumpkin Donuts

SERVES: 6-10

- 1 box yellow cake mix
- 1 (15 oz.) can pumpkin puree
- 1 tsp. vanilla extract
- 1/2 tsp. pumpkin pie spice extract
- 1/2 tsp. cinnamon
- 2 tbsp. butter, melted (optional)

1. Preheat the oven to 400°F.
2. Mix all ingredients in a large bowl until well combined. The batter will be thick.
3. Place batter in a piping bag, squeeze it into a greased donut tin, and fill it halfway.
4. Bake at 400°F for 5-7 minutes.



UNICOI PRESERVES
Suzy & Clark Neal

Pumpkin and Pepita Loaf

MAKES: ONE LOAF

- 15 oz. can 100% pure pumpkin
- 1/2 cup canola oil
- 3 large eggs, room temperature
- 1 2/3 cup granulated sugar
- 3/4 tsp. baking powder
- 3/4 tsp. baking soda
- 3/4 tsp. table salt
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1/4 tsp. nutmeg
- 1/8 tsp. ground cloves
- 2 1/4 cups all-purpose flour
- 1/4 cup pepita seeds, roasted and salted (Ingles bulk section)
- non-stick cooking spray

1. Preheat the oven to 350°F. Spray a 9x5 loaf pan with non-stick spray.
2. In a large mixing bowl, whisk pumpkin, oil, eggs, and sugar until smooth.
3. Sprinkle baking powder, baking soda, salt, cinnamon, ginger, nutmeg, and cloves over the batter; whisk well.
4. Add flour, switch to a rubber spatula, and mix until just combined.
5. Scrape batter into prepared pan and smooth the top. Sprinkle with pepitas.
6. Bake for 65-70 mins., rotating the loaf at 30 mins. Bread is done when a skewer inserted comes out clean.
7. Cool in pan for 15 mins., then remove loaf to a cooling rack. Cut and serve when cooled.

Chef Notes: Store at room temperature. This recipe freezes well.

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Pumpkin Cheesecake Chimichangas

The Ingles Table

Pound Cake with Grilled Honey Glazed Apples
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Cranberry Orange Loaf

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