



REMEDY REPORT

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What's INSIDE

Are you in need of some quick and easy ways to eat healthy on the fly? In this issue we share some recipes for how to make delicious and nutritious meals, even if you don't have a lot of time. We also share some appliances that you can add to your kitchen to make getting dinner on the table a little easier!

Air Fryer



An air fryer is essential like a smaller convection oven. There is a fan inside the appliance that helps circulate the hot air around your food, which allows for it to cook evenly and more efficiently than in a traditional oven. What does this mean for you?? You can cook great food with less oil in less time!

Air Fryer Steak



Ingredients

- 2 10-oz steaks, ribeye, new york, or sirloin
- 1 tbsp olive oil
- 1 tbsp butter
- kosher salt, to taste
- fresh ground pepper, to taste

Directions

1. Pat the steaks completely dry, season with kosher salt, then set on a plate and rest at room temperature for about 30 minutes.
2. Preheat the air fryer at 400°F for 5 minutes, if your model doesn't require it.
3. Pat the steaks dry again, then rub with olive oil, pepper, and more salt if desired. Arrange in the air fryer in a single layer.
4. Cook 10 minutes at 400°F for medium rare (12 minutes for medium); flip the steaks over halfway through cooking.
5. Remove the basket and set on the counter. Top each steak with 1/2 tbsp butter. Rest 5-10 minutes.
6. Season with additional salt and pepper to taste, then slice against the grain and serve.

Air Fryer Pork Chops

Ingredients

- 8 oz pork chops (four) bone-in center-cut , or boneless
- 1 tsp olive oil
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Directions

1. Preheat your air fryer to 380°F.
2. Brush both sides of pork chop with a little olive oil.
3. Mix the pork seasonings together in a bowl (this is enough for four pork chops) and apply to both sides of the pork chop.
4. Place pork chop in air fryer and cook for between 9-12 minutes, turning the chop over halfway, until it reaches a minimum temp of 145°F (exact cook time will vary depending on thickness of pork and your model of air fryer)

NOTES

**Cook Time – This is not an exact science and just like regular ovens, Air Fryers vary from one model to the next in how hot they are and how well they cook. Fortunately it's very easy to check on the food in there by opening the drawer to see how it's cooking.*

**Boneless chops – they can be air fried too, just adjust the cook time depending on how thick they are. Lean boneless chops do tend to be drier than bone in so just bear that in mind.*





Air Fryer Sweet Potatoes & Brussel Sprouts

Ingredients

- 1 pound sweet potatoes peeled and diced into 1/2 inch cubes
- 1 pound Brussels sprouts stem removed and quartered
- 1/4 cup avocado oil
- 1 teaspoon chipotle chili powder
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Add diced potatoes and quartered brussels sprouts to large mixing bowl
2. Toss with avocado oil and seasonings
3. Add to air fryer basket and set to 380 degrees
4. Cook, tossing occasionally, until cooked to desired tenderness (about 10-15 minutes)
5. Veggies are done when they are lightly browned and can be pierced easily with a fork

NOTES

- *This recipes uses a bit more oil than most air fryer recipes in order to get the veggies tender. Excess oil will drip into bottom of pan.*
- *Toss with seasoning before adding to air fryer*
- *Adjust chipotle chili powder to suit your preference for spice. These are slightly spicy as made*
- *Any extra moisture will fall to the bottom of the air fryer basket, so be sure to check and toss often to ensure they don't burn.*

Crockpot



The crockpot is a great, inexpensive appliance that can make a little bit of prep go a long way! It does the work while you wait, handle other tasks, or go off to work. You can put ingredients in your crockpot in the morning and you can come home to a mouthwatering dinner in the evening.

Crockpot Chicken Fajitas

Ingredients

- 2 pounds or 4 pieces boneless, skinless chicken breast
- 1 teaspoon salt
- 2 tablespoons chicken fajita seasoning
- 1/2 white onion
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 cup fresh pineapple (chopped)
- 3 ounces chipotle peppers in adobo sauce (pureed)
- 14 ounce can diced tomatoes



Directions

1. Slice the veggies, and trim any excess fat from the chicken.
2. Place the chicken in an even layer at the bottom of the crock pot.
Sprinkle the seasoning on top, making sure each breast is well-coated.
3. Add the veggies, pineapple chunks, chipotle peppers, and tomatoes on top of the chicken.
4. Cover the crock pot, and let it cook on high for 2 hours or low for 4 hours.
5. Remove the chicken, slice it into bite-sized chunks, and return it to the crock pot.
6. Stir the ingredients until they are well combined.
7. Enjoy!

Instant Pot



The Instant Pot is commonly known as a modern day pressure cooker. While it does have pressure cooking features, there are many different versions of the instant pot that have lots of varying cooking options. You can cook grains, make yogurt or soup, air fry, grill, bake, and so much more!

Grains in the Instant Pot

Grain	Raw grain to water ratio	Cooking Time (in mins)	Cooked Yield (in cups)
Barley, Hulled	1:3	25	3
Brown Rice	1:1 1/4	20	3
Cous Cous, Israeli	1:2	5	3
Farro	1:2	25	3
Jasmine Rice	1:1 1/4	8	3
Millet	1:1 2/3	10	4
Quinoa	1:1 1/4	8	3



Garlic Herb Butter Roasted Chicken

Ingredients

- 4 pound whole chicken, at room temperature giblets and neck removed
- 1/4 cup unsalted butter, melted
- 3 tablespoons olive oil
- 1/4 cup white wine (optional)
- 1 lemon, halved
- Salt and ground pepper, to taste
- 2 Tbsp fresh chopped parsley
- 4 garlic cloves, minced
- 1 head of garlic roughly peeled and cut in half horizontally
- 3 fresh whole rosemary sprigs

Directions

1. Preheat oven to 430°F | 220°C. Line a baking tray with foil, or lightly grease a roasting pan.
2. Discard neck from inside the cavity and pat dry with paper towels.
3. Pour the olive oil, melted butter, wine (if using) and the juice of half a lemon over the chicken, under the skin and inside the cavity. Season chicken liberally on the outside and inside the cavity with salt and pepper. Sprinkle over the parsley.
4. Rub the minced garlic over the chicken, mixing all ingredients together over the chicken and under the skin.
5. Stuff the garlic head into the chicken cavity along with the rosemary sprigs and the squeezed lemon halve. Tie legs together with kitchen string.
6. Place breast-side up into baking tray or roasting pan. Roast for 1 hour and 15-20 minutes, basting half way through cooking time, until juices run clear when chicken thigh is pierced with a skewer.
7. Baste again, then broil for a further 2-3 minutes, until golden.
8. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Serve, drizzled with pan juices and remaining lemon half cut into wedges or slices.

**Roasting a chicken can potentially be prep for 3 meals. Enjoy your roasted chicken, then use the leftover meat for chicken tacos, and use the bones for a soup base.*