



REMEDY REPORT

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What's INSIDE

Summer is in full swing and what better way to celebrate the season than with an issue full of new, fun recipes! We've got a list of in season fruits and veggies and spice blends that will take your cooking to the next level. And, of course, nothing says summer season like our grilled steak fajitas!

SUMMER

Fruits and Veggies

ARUGULA
CHERRIES
CUCUMBER
NECTARINES
PEACHES
PLUMS
RADISH
RHUBARB
STRAWBERRIES
TOMATOES
ZUCCHINI



SPICE UP YOUR LIFE

Here are a few spice blends that will add lots of flavor to your food and take your meals to the next level!



FAJITA RUB

- 1 tablespoon corn starch
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin



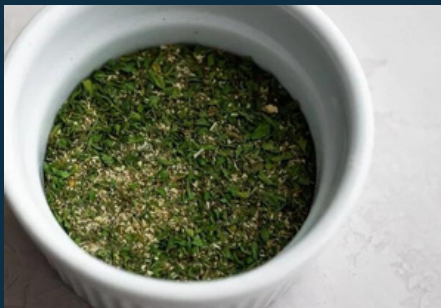
ANYTHING SPICE

- 1 cup paprika
- 1/3 cup onion powder
- 1/3 cup chili powder
- 1/3 cup garlic powder
- 3 tablespoons black pepper
- 2 tablespoons oregano
- 2 tablespoons turmeric powder
- 1 cup salt



CHICKEN RUB

- 1 tbsp dried oregano
- 1 tbsp cumin
- 1 tbsp smoked paprika (regular paprika is fine, but smoked has the best flavor)
- 1 tbsp dried parsley
- 2 to 3 tsp garlic salt
- 1 tsp ground thyme
- 1 tsp onion powder
- 1 tsp ground mustard
- 1/2 tsp ground pepper



RANCH SEASONING

- 1 tablespoon dried parsley
- 1 tablespoon dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon salt
- 1 teaspoon black pepper



Grilled VEGGIES

Ingredients

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 3 tablespoons dijon mustard
- 3 tablespoons honey
- 1 1/2 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound carrots halved or quartered
- 1 pound asparagus trimmed
- 2 zucchini cut into sixths
- 2 yellow squash cut into sixths
- 1 large red bell pepper cut into inch strips

Directions

To make the marinade:

1. Set out a 1-2 cup measuring pitcher. Measure all ingredients into the pitcher. Whisk until smooth. (Use immediately or cover and refrigerate for later use.)

For the grilled veggies:

1. Trim and slice all the vegetables into long strips. This makes them less likely to fall through the grill grates.
2. Place the vegetables on a large rimmed baking sheet. Pour the marinade over the vegetables. Then gently toss the veggies to coat in the marinade.
3. Allow the vegetables to marinate for 30+ minutes. (Or up to several hours.)
4. Meanwhile, preheat the grill to medium heat, about 350 degrees F.
5. Once the grill is hot, place the carrots on first, laying them across the grates so they don't fall through. Let the carrots grill for 3-4 minutes, then flip them over. Then lay the rest of the vegetables on the grill. Grill another 8-10 minutes, flipping once. Remove with tongs.

Steak Fajitas

Ingredients

- 1/4 cup olive oil
- 1/4 cup orange juice
- 2 tablespoons lime juice (about 1 lime)
- 1 tablespoon minced garlic (3 cloves)
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1/4 cup chopped cilantro



Directions

1. In a large resealable plastic bag (or a large mixing bowl), add all the ingredients and toss to combine.
2. Add your preferred steak (flank or skirt steak works great) and toss with marinade to coat.
3. Seal bag or cover and marinate in the fridge for 2 to 8 hours.
4. Remove the meat from the marinade, transfer to a clean large surface and pat dry with paper towels.
5. Season both sides of the steak with coarse sea salt and black pepper. Grill or cook to your desired internal temperature.

***Use this marinade or the steak rub listed above, for an excellent grilled steak!**

Homemade Pico de Gallo



Ingredients

- 6 medium tomatoes (chopped)
- 1/4 cup cilantro (chopped)
- 1/2 medium red onion (diced)
- 1 jalapeno (diced - with or without seeds, depending on spice preference)
- 1 Tablespoon lime juice
- 1 1/2 teaspoon salt (divided)
- 1 teaspoon sugar

Directions

1. While you're prepping the rest of your ingredients, mix the chopped onions with 1/2 teaspoon of the salt and let it rest for 20 minutes. This creates a reaction in the onion and minimizes a lot of the raw onion flavor.
2. Rinse, dry, and chop the tomatoes and cilantro.
3. Cut the jalapenos in half (deseed them if you'd like) and small dice
4. In a large bowl, mix together the tomatoes, cilantro, red onion, jalapeno, salt, and sugar.

Radish Salsa

Ingredients

- 2 C radishes, finely chopped
- 3/4 C jalapeños, seeded and small-diced
- 6 green onions, finely chopped
- 2 garlic cloves, minced
- 2 Tbsp cilantro, finely chopped
- 2 Tbsp lemon juice, freshly squeezed
- 1/4 tsp salt



Directions

1. Rinse and dry the radishes. Cut off both ends of the radish and then finely chop the radishes.
2. Cut the jalapenos in half and seed them. Small dice the jalapenos and add them to the radishes.
3. Finely chop the green onions and mince the garlic cloves. Add both to the mixture.
4. Rinse and dry the cilantro. Finely chop the cilantro, add it to the slaw, and mix ingredients.
5. Add your freshly squeezed lemon juice and salt, and then mix your slaw together.
6. Store in the refrigerator until you are ready to serve.



Strawberry & Rhubarb Crisp

Ingredients

- 2 cups rhubarb - chopped
- 2 cups strawberries - sliced
- 1/4 cup coconut sugar + 2 Tbsp
- 1/2 Tbsp cornstarch
- 1/2 freshly squeezed lemon juice
- 1 tsp vanilla extract

Crumble Topping

- 3/4 cup oat flour
- 1 cup old fashioned rolled oats
- 1/2 cup unsalted butter - cut into pieces
- 1/2 cup coconut sugar
- 1 tsp cinnamon
- 1/2 tsp salt

Directions

1. Preheat the oven to 375°F.

Rhubarb Strawberry Filling

1. In a medium bowl, mix rhubarb with 1/4 cup coconut sugar. In another bowl add strawberries and 3 Tbsp coconut sugar. Let both sit for 10-15 minutes. Juices will start to form at the bottom of the bowl. Strain the juices from each fruit.
2. Combine the fruits into one bowl and toss them with cornstarch, lemon juice, and vanilla extract.
3. Add the fruit to create a single layer on the bottom of the baking dish.

Crumble Topping

1. In a medium bowl, combine oat flour, rolled oats, unsalted butter, coconut sugar, cinnamon, and salt in a large bowl. Mix together with a pastry cutter (or hands) and break apart butter into pea sized pieces.
2. Sprinkle the oat mixture over the top of rhubarb strawberry filling.
3. Toss gently until just mixed, and then set aside. Bake 40-45 minutes or until the top is golden brown and crispy with the fruit bubbling on sides. Let cool for 30 minutes before serving. Eat alone, with plain greek yogurt, whipped coconut cream or ice cream. Store leftovers in the fridge for up to one week.