

RECIPES BY THE CHATELAINE KITCHEN
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AIR-FRIED SUMMER

Take a break from
the grill with these
quick and easy
air-fryer meals.

Salmon with
five-spice
vegetables
PAGE 80



EATING AL FRESCO
Create a cozy dining spot in your backyard or pack a simple picnic for the park. It's a great way to get everyone outside, and there's no need to worry about crumbs!

“Life advice: Go on a picnic, even if it’s just in your backyard.”

—Unknown

2

Oatmeal-stuffed apples

PAGE 80



3

Falafel pitas

PAGE 80

KITCHEN TIP: Aquafaba, the viscous liquid that comes in canned chickpeas, can be used as an egg white substitute in vegan cuisine.

1 AIR FRYER SALMON WITH FIVE-SPICE VEGETABLES

SERVES 4 PREP 10 MIN; TOTAL 25 MIN

SALMON

- ¼ cup maple syrup
- 4 tsp soy sauce
- 2 tsp Dijon mustard
- ½ tsp garlic powder
- 4 skinless salmon fillets, about 200 g each
- 1 tsp black or toasted sesame seeds (optional)

VEGETABLES

- 1 454-g pkg mini bell peppers, halved and seeded
- 1 340-g pkg cauliflower florets
- 2 tbsp olive oil
- 1 tsp five-spice powder
- ½ tsp salt
- ¼ cup chopped cilantro (optional)

- Preheat air fryer to 390F.
 - Stir maple syrup with soy sauce, Dijon and garlic powder in a small saucepan set over medium heat. Simmer, stirring constantly, until slightly thickened into a glaze-like consistency, 2 to 4 min. Brush hot glaze over salmon fillets. Set aside.
 - Toss bell peppers and cauliflower with oil, five-spice powder and salt in a large bowl. Add to air-fryer basket. Air-fry until golden brown but still tender-crisp, 7 to 10 min. Transfer to a platter. Sprinkle with cilantro, if desired.
 - Arrange salmon in air-fryer basket. Air-fry until a knife tip inserted into the thickest part of the salmon comes out warm, 7 to 8 min. Transfer to the platter with vegetables. Sprinkle salmon with sesame seeds and serve with rice or quinoa, if desired.
- Per serving** 460 calories, 43 g protein, 25 g carbs, 20 g fat, 4 g fibre, 3 mg iron, 780 mg sodium.

2 AIR FRYER OATMEAL-STUFFED APPLES

SERVES 4 PREP 20 MIN; TOTAL 40 MIN

- ½ cup large-flake oats
- 3 tbsp milk or 10% cream

- 2 tbsp maple syrup
- 3 tbsp melted butter, divided
- ¾ tsp pumpkin pie spice
- 2 dates, finely chopped, or 2 tbsp chopped dried cranberries
- 2 tbsp chopped pecans (optional)
- 3 Honeycrisp apples, about 240 g each, halved crosswise
- Whipped cream (optional)
- Honey (optional)

- Line the bottom and sides of air-fryer basket with foil. Preheat air fryer to 350F.
 - Combine oats with milk, maple syrup, 2 tbsp butter, pumpkin pie spice, dates, and pecans (if using) in a medium bowl. Let stand until liquid is absorbed, 10 to 15 min.
 - Meanwhile, using a melon baller, scoop out and discard cores from apple halves. Scoop out more apple flesh, leaving a ½-in. border with the peel. (Apples should look like small bowls.) Finely chop the apple flesh and stir into oat mixture.
 - Fill each apple bowl with oat mixture. Arrange in air-fryer basket. Brush tops with remaining 1 tbsp butter.
 - Air-fry until apples are fork-tender, 18 to 20 min. Serve warm, or transfer to a rack to cool completely before refrigerating in a sealed container for up to 5 days. Dollop with whipped cream and drizzle with honey before serving, if desired.
- Per serving** 270 calories, 2 g protein, 48 g carbs, 10 g fat, 6 g fibre, 1 mg iron, 10 mg sodium.

3 AIR FRYER FALAFEL PITAS

SERVES 4 PREP 20 MIN; TOTAL 30 MIN

FALAFELS

- 1 540-mL can chickpeas
- ½ cup finely chopped parsley leaves
- 3 tbsp all-purpose flour
- 1 tbsp za'atar spice blend
- ½ tsp garlic powder
- ½ tsp baking powder
- ¼ tsp salt
- 1 tbsp olive oil

PICKLED VEGETABLES

- ½ English cucumber, cut into ¼-in. rounds

- 1 large shallot, thinly sliced
- 3 tbsp seasoned rice vinegar
- 8 6-in. pitas, cut in half crosswise
- 2 cups shredded lettuce
- 2 plum tomatoes, cut into ¼-in. rounds
- 1 cup tzatziki sauce
- Baby sprouts (optional)

- Reserve 4 tbsp aquafaba (liquid) from the canned chickpeas in a small bowl. Drain remaining.
 - Mash chickpeas with a potato masher in a large bowl until crumbly. Stir in parsley, flour, za'atar, garlic powder, baking powder and salt until combined. If mixture seems dry, stir in aquafaba, 1 tbsp at a time, until mixture binds together.
 - Scoop a heaping tbsp of mixture and shape into a ½-in.-thick patty. Transfer to a plate. Repeat with remaining mixture. (You should have about 16 falafels.) Brush oil over both sides of falafels.
 - Preheat air fryer to 390F. Arrange falafels in a single layer in air-fryer basket. (You may need to do this in multiple batches, depending on the size of your air fryer.) Air-fry until lightly golden brown, 8 to 10 min.
 - Meanwhile, combine cucumber, shallot and seasoned rice vinegar in a large non-stick frying pan set over medium-high heat. Bring to a boil, then transfer to a medium bowl. Cool slightly.
 - Stuff pitas with lettuce, tomato, tzatziki sauce, sprouts (if using), falafels and pickled vegetables.
- Per serving** 600 calories, 20 g protein, 95 g carbs, 15 g fat, 9 g fibre, 5 mg iron, 1,340 mg sodium.

Editor's note: Recipes were developed using the Ninja Foodi 8-qt. 2-Basket Air Fryer. Results using different models may vary.



ILLUSTRATION: VÉRONIQUE JOFFRE



COMPACT COOKER

This 2.5-L appliance is perfect for whipping up meals for a smaller family. Choose from six preset modes or set your own time and temperature. *Hamilton Beach Digital Air Fryer, \$109, walmart.ca*



FUSS-FREE FARE Philips introduced the first air fryer more than 10 years ago. Its latest offers seven settings, including one to keep food warm. All removable parts are dishwasher safe. *Essential Air Fryer, \$250, philips.ca*



SO WHAT'S AN AIR FRYER ANYWAY?

This countertop-worthy appliance uses hot air and only minimal oil or butter for lighter and healthier meals.

FAST FOOD This fryer preheats to 400F in just five minutes and can cook up to 5 lb. of food. Includes a button guard to prevent accidentally opening the drawer. *Presto Luxe Plus Air Fryer 5L, \$170, ultimacosa.com*



DOUBLE DUTY!



MULTI-TASKER Prepare two dishes two different ways thanks to independent baskets. There are six customizable programs so you can fry, broil, reheat and more. *Foodi 6-in-1 8-qt. 2-Basket Air Fryer with DualZone Technology, \$250, ninjakitchen.ca*



What you should expect—and what it actually means—if your OB or midwife classifies your pregnancy as high risk



MY FIRST PREGNANCY was relatively uneventful. For my second pregnancy, four years later, I decided to get a midwife. Everything was going great until 16 weeks in.

After a routine visit with my dermatologist, I was diagnosed with lupus, which totally derailed my birth plan. Antibodies from lupus can cause fetal complications, so my midwife referred me to a physician specializing in maternal-fetal medicine.

While the majority of pregnancies in Canada are considered low risk, around five to 10 percent are categorized as high risk. This classification is usually given when either the mother or the baby are at an increased risk of health problems before, during or after delivery.

“A high-risk classification doesn’t automatically mean you will have a bad outcome,” says Julia Kfour, a maternal-fetal medicine specialist at Mount Sinai Hospital in Toronto, “but it may change the course of your care.”

LOOKING FORWARD “If a patient has experienced a preterm birth or has had a complication like pre-eclampsia in her first pregnancy, it’s likely she would be at risk to have a recurrence with her subsequent pregnancies,” says Julia Kfour, a maternal-fetal medicine specialist at Mount Sinai Hospital in Toronto. “But in other pregnancies, for example, if the baby was affected by a congenital malformation that was sporadic, then future pregnancies could be considered low risk.”

WHAT MAKES A PREGNANCY HIGH RISK?

Typically, a pregnancy will be classified as high risk if the person expecting has a specific underlying medical condition, such as hypertension, diabetes or, in my case, an autoimmune disorder. There may also be a risk identified with the baby or concerns with the placenta.

Kfour says that high-risk patients should expect more monitoring and tests, including extra blood work and ultrasounds, during the pregnancy and potentially postpartum as well. “Depending on the reason for your high-risk classification, you’re likely going to be working with a number of other specialists from various departments, which could include internal medicine, paediatrics, radiology, anaesthesia, genetics or general surgery.”

CAN I STILL HAVE A MIDWIFE?

According to the College of Midwives of Ontario, midwives can provide care during “normal” pregnancy, where normal refers to “low risk or uncomplicated.” Some will work with high-risk patients as a secondary care provider to an OB, but this typically happens only when high-risk classification comes later in the pregnancy.

If your pregnancy is deemed high risk from the start, a doula can provide additional care. Megan Ewing, a Toronto mom, was classified as high risk for both of her pregnancies because of her

Type 1 diabetes. “I would have loved to work with a midwife, but my doula provided excellent pre-birth, birth and postpartum care.”

HOW WILL BEING HIGH RISK AFFECT MY LIFESTYLE?

If you’re deemed high risk, your healthcare provider might ask you to make some changes to your lifestyle. For example, women with hypertension, which is exacerbated by a stressful work environment, may need to stop working sooner and get additional support, says Kfour.

Women with high-risk pregnancies may also need additional emotional support. I was referred to a reproductive life stages psychiatrist, who helped me to manage my fears and anxieties about my high-risk pregnancy and monitored me for signs of postpartum depression (PPD). Similarly, Ewing’s team for her second pregnancy set her up with a social worker to help work through some PPD she had experienced with her first pregnancy.

CAN I STILL HAVE A VAGINAL BIRTH?

A vaginal birth, if safe, is preferred, says Kfour. “We always aim for a vaginal birth unless there’s an absolute contraindication to this.”

I was induced at 39 weeks after additional complications developed; ultimately, I was disappointed I couldn’t stick with my midwives as planned, but in the end I had a vaginal birth and healthy babe.—Simone Olivero

PHOTO:STOCKSY; ILLUSTRATION: VERONIQUE JOFFRE