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## *3 Healthy + Delicious Recipes for Memorial Day*

*Love Fish Tacos or potato salad? Check out nutritionist Franci Cohen's healthy recipes for these summer treats.*

-PJ Gach



Memorial Day—the start of summer is just around the corner. Whether you're planning a cookout or are just looking for healthy recipes to try this summer, check out these three healthy and delicious updates on summer classics: Healthy Mediterranean Potato Salad, Fish Tacos and Colorful Fiesta Veggie Salad.

[Recipe: The Lazy Person's Shrimp Alfredo](#)

All three were created by [Franci Cohen](#). Franci is a certified nutritionist, personal trainer and exercise physiologist and creator of SPIDERBANDS®, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling.

Healthy Mediterranean Potato Salad



**Ingredients:**

**2 dozen small red potatoes (approx. 1 1/2 pounds)**

**4 T finely chopped dill**

**1 bunch finely chopped scallions**

**1 red onion, diced small**

**2-3 tsp cumin**

**juice & zest of 46 large fresh lemons (approx. 1/3 cup juice)**

**3 T Kosher salt**

**2-3 T extra virgin olive oil**

**Directions:**

**Boil potatoes in covered saucepan filled with water and 1 T kosher salt, and bring to a simmer. Cook until potatoes are fork tender but not too soft (about 10 minutes). Remove potatoes from saucepan and put into a bowl of ice water, to shock potatoes and stop the cooking process. Remove potatoes from ice water bath, and chop into big 2" cubes. Place cubed potatoes into large bowl. To create the dressing, mix remaining ingredients together and whisk to incorporate all. Pour dressing over potatoes. Mix well and serve .**

**Colorful Fiesta Veggie Salad:**



**Salad ingredients:**

- 1 can black beans, rinsed and drained**
- 4 ears fresh corn on the cob, cooked and shucked**
- 1 red onion, diced**
- 2 Jalapeño peppers, seeded & finely chopped**
- 2 Hass avocado, cubed**
- 1 red bell pepper, finely diced**
- 1 yellow bell pepper, finely diced**
- 1/2 cup Cilantro, finely chopped**
- 2 cups Mesclun greens**

**Dressing ingredients:**

- 1/4 cup low fat mayonnaise**
- 1/4 cup water**
- 2 T Dijon mustard**
- 2 T balsamic vinegar**
- 1 T finely minced thyme**
- salt and pepper to taste**

**Directions:**

Mix all salad ingredients together. Whisk dressing ingredients together until well incorporated. Pour dressing on salad and serve on a bed of Mesclun greens.

**Yummy Fish Tacos with Slaw Salad:**



**Ingredients for Tacos:**

**1 pound Mahi Mahi or Tilapia (this is more common and much cheaper), cut in quarters**

**1/4 cup canola oil**

**1 lime, juiced and zested**

**1 tablespoons ancho chili powder**

**1 Jalapeno, seeded and finely chopped**

**1/4 cup finely chopped fresh Cilantro**

**8 6" flour tortillas**

**Ingredients for Slaw Salad:**

**1 cup shredded red cabbage.**

**1 cup shredded white cabbage.**

**1 Jalapeno pepper, seeded and diced**

**2 carrots, grated**

**2 T fresh Cilantro, finely chopped.**

**Juice and zest of 3 limes.**

**2 T red wine vinegar**

**Ingredients for Chipotle Cream Sauce:**

**1/2 cup plain nonfat yogurt or sour cream (strained in mesh cloth)**

**2 tablespoons low fat mayonnaise**

**2 teaspoons Chipotle pepper, in Adobo sauce**

**Directions:**

Whisk together oil, lime juice and zest, ancho chili powder, & jalapeño to create fish marinade. Arrange fish in single layer in a Pyrex. Pour fish marinade over fish, and let marinate for about 10 minutes. Remove the fish from the marinade, and place onto a hot grill. Grill the fish for 4 minutes on the first side, and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork. Place the tortillas on the grill, and grill for 1020 seconds on each side. Divide the fish among the tortillas and garnish with slaw and chipotle sauce.

To learn more about Franci Cohen, please visit her [Facebook page](#). You can find Franci at [Fuel Fitness](#), a specialty fitness center in Brooklyn, New York. She teaches group fitness classes, trains clients and more.

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