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Kicking Off BBQ Season with Original Healthy Summer Recipes

FRANCI COHEN, CERTIFIED NUTRITIONIST

With Victoria Day almost past and Memorial Day weekend on its way, food no doubt plays centre stage as you make plans with friends and family. That is no reason to trade in our good food habits for bad (but it could be a reason to break in new good habits if you haven't done so already). Kick off the summer with these original and healthy recipes from certified nutritionist, **Franci Cohen**.

Healthy Mediterranean Potato Salad:

- 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 4-6 large fresh lemons (approx. 1/3 cup juice)
- 3 T kosher salt
- 2-3 T extra virgin olive oil

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



8. 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 mesculin greens

Dressing ingredients:

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

1. Mix all salad ingredients together
2. Whisk dressing ingredients together until well-incorporated.
3. Pour dressing on salad and serve on a bed of mesculin greens.

Yummy Fish Tacos with Slaw Salad:

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

Slaw Salad:

- 1cup 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

Chipotle Cream Sauce:

- 1/2 cup plain nonfat yogurt or sour cream (strained in mesh cloth)
- 2 tablespoons lowfat mayonnaise
- 2 teaspoons chipotle pepper, in adobo sauce

1. Whisk together oil, lime juice and zest, ancho chili powder, & jalapeño to create fish marinade.
2. Arrange fish in single layer in a pyrex.
3. Pour fish marinade over fish, and let marinate for about 10 minutes.
4. Remove the fish from the marinade, and place onto a hot grill.
5. Grill the fish for 4 minutes on the first side, and then flip for 30 seconds and remove.
6. Let rest for 5 minutes then flake the fish with a fork.
7. Place the tortillas on the grill, and grill for 10-20 seconds on each side.
8. Divide the fish among the tortillas and garnish with slaw and chipotle sauce

Bon Appetité!

[Franci Cohen](#) is a personal trainer, certified nutritionist, 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. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. “We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change,” says Franci. “Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren’t necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be.”