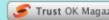


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Healthy Eats: Good-For-You Recipes For Your Memorial Day BBQ

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Holiday weekends are a time to have fun and indulge, but you can balance out the heavy foods with some light and flavorful dishes. Franci Cohen, a certified nutritionist, personal trainer and exercise physiologist offers up a few of her favorite dishes for your Memorial Day eating pleasure.

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:

- 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:

- 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.

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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:

- 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

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