

Ms. FITNESS

SPRING/SUMMER 2014

www.msfitness.com

Hit The Track Running

Resolution

Meet Franci Cohen: <http://francicohen.com>
A No Nonsense Approach to Fitness, Health & Your Life



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."

Franci devotes much of her time to Fuel Fitness, a specialty fitness center in Brooklyn, NY and continues to teach group fitness classes, train clients and broaden her perspective in all areas of fitness, nutrition and wellness.

Julianne Hough
Star of
Dance With Julianne

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Ms. FITNESS

Pantry

Kick Off Summer With Kaleidoscopic Cuisine featuring Franci Cohen's Bold and Bodacious Recipes

Spring rain and sunshine has fresh produce flourishing for summer! Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen, has created four healthy and fresh recipes to celebrate summer happenings!



FRUIT SALAD SPLASH

- Ingredients:
- 1/2 cup diced mango
 - 1/2 cup diced strawberries
 - 1/2 cup diced green apple (with the peel)
 - 1/2 cup diced nectarines (with the peel)
 - 2 T orange juice
 - 1 T lemon juice
 - 1 T lime juice
 - Splash of lemon-lime seltzer water
 - 6 large Sunkist oranges, flesh scooped out

Directions:

1. Toss all ingredients together in a bowl
2. Scoop into orange shells
3. Serve!

*Keeping the peel on the fruits adds extra fiber and vibrant color to your salad
*If orange shell wobbles a bit, cut a thin slice off the bottom without creating a hole, so that fruit salad bowls sit nicely on table or platter



SUPER QUINOA SLIDERS

- Ingredients:- 1 cup uncooked red quinoa, rinsed
- 2 cups low sodium vegetable broth
 - 1 cup canned chickpeas, rinsed
 - 1/2 cup grated mozzarella cheese
 - 1/3 cup panko bread crumbs
 - 1/2 cup sweet potatoes, diced very small
 - 3 scallions, finely sliced
 - 1 tsp freshly crushed garlic
 - 2 large eggs
 - Salt and pepper to taste - 3 tablespoons olive oil
 - 1 Head of iceberg lettuce
 - 2 avocados, sliced
 - Spicy mayonnaise

Directions:

1. Start by cooking the quinoa as directed on package, substituting vegetable broth instead of water.
2. Meanwhile, in a saucepan, sauté scallions 3-4 minutes until lightly brown and translucent then add in garlic.
3. Add sweet potato and sauté a few minutes more, until potatoes are tender
4. Lastly, add chickpeas and cheese and remove from stove
5. Mash the mixture together leaving it slightly chunky. Then add the drained quinoa and breadcrumbs to mixture. Finally, add eggs, salt and pepper and mix well.
6. In a frying pan, heat olive oil over medium heat.
7. Form 3" patties out of mixture with your hands and place into frying pan. Cook patties 3-4 minutes on each side until crispy and lightly browned
8. Serve on multigrain bun with lettuce, tomato, a few slices of avocado and a drizzle of spicy mayo!



COCOA AVOCADO DECO BROWNIE BARK

Ingredients:

- 4 large organic white eggs
- 1 cup sugar
- 8 oz. semi-sweet chocolate chips
- 1/2 cup cocoa powder
- 1/2 cup finely ground almonds or filberts
- 3/4 tsp sea salt
- 2 tsp vanilla extract
- 2 ripe avocados, blended until creamy
- 3 to 4 oz semi-sweet or white chocolate chips
- 1 chocolate transfer sheet (any pattern)

Directions:

1. Put eggs and sugar into mixer, and beat on medium speed until airy and fluffy
2. Melt chocolate chips in double boiler (or even in the microwave if you are pressed for time)
3. Turn on mixer once again, and beat eggs as you gently pour chocolate into egg/sugar mixture.
4. Turn off mixer, and gently fold the cocoa powder, almond meal, salt, and vanilla into mixture, until well combined
5. Add avocados, and mix using mixer until batter is smooth and no avocado clumps are present.
6. Spray brownie pan (8x8 or 9x9 non-stick pan) lightly with cooking spray, and pour in batter
7. Bake at 350 for 25-30 minutes, or until toothpick inserted in center of brownies comes out clean.
8. Let brownies cool several hours
9. Melt a few ounces of chocolate chips, and using a spatula, spread over top of brownies
10. While chocolate is still hot and soft, lay chocolate transfer sheet over brownies, and press down evenly across entire tray, in order to prevent any air bubbles from getting in.
11. Place tray of brownies in fridge to cool for approx. 15 minutes
12. Remove from fridge and carefully peel off plastic transfer sheet
13. Cut into triangles, and serve alone or along side your favorite sorbet



GRILLED CHICKEN WRAP BOUQUET

Ingredients:

- 3 chicken breasts, butterflied and pounded flat
- Sundried tomatoes, rehydrated in hot water
- Fresh basil leaves
- Bibb lettuce
- Kale - Crushed garlic
- Pine nuts
- Olive oil
- Lemon juice

1. To make pesto mix the following in blender

- 1/2 cup pine nuts
 - 1 cup firmly packed kale
 - 1 cup firmly packed basil
 - 3 cloves garlic
 - 1 tsp kosher salt
 - 1/4 cup olive oil
 - 2 T lemon juice
 - pepper
 - long chives for tying
2. Spread a heaping tablespoon across each chicken breast
 3. At one end of chicken, place some basil leaves and line up 4-5 sun dried tomatoes
 4. Roll up jellyroll style, and place on baking tray that has been sprayed with cooking spray
 5. Secure chicken roll-ups with toothpicks, and season with salt and pepper to taste
 6. Bake at 375 for approx. 15 minutes.
 7. Remove from oven, and cut the ends off each chicken roll-up to reveal the pretty red and green colors inside
 8. Lay some bibb lettuce on a cutting board, and place 1 chicken roll-up on top
 9. Roll up like a wrap, and use long chives and ties to tie the lettuce to wrap, creating a carb-free chicken wrap bouquet
 10. Repeat with remaining chicken roll-ups
 11. Serve on a bed of basil in a platter or in a cone-shaped dish to create your "Chicken Wrap Bouquets"!