



INDUSTRIAL STRENGTH

CERTIFIED PERSONAL TRAINING

Industrial Strength Recipe Archives
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2009

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April 2009: Recipe



Grilled Artichokes

Artichokes are in season March through May and are an excellent source of potassium and Vitamin A.

Ingredients

6 artichokes
1 tablespoon plus 1/2 teaspoon salt
1 lemon
3 cloves garlic, minced
3 tablespoons olive oil
2 tablespoons lemon juice
1/4 teaspoon pepper

Preparation

Slice tops off artichokes, pull off small leaves, trim stems, and snip off thorny tips. In a large pot, bring 1 to 2 inches of water to a boil. Add 1 tablespoon salt, the juice of 1 lemon, and artichokes; cover and steam until artichoke bottoms pierce easily, 20 to 40 minutes. Drain artichokes. When cool enough to handle, cut each in half lengthwise and scrape out fuzzy center. In a bowl, combine garlic, olive oil, 2 tablespoons lemon juice, 1/2 teaspoon salt, and pepper. Brush artichokes with garlic mixture and set, cut side down, on a grill over medium heat. Grill, turning once, until lightly browned, 8 to 11 minutes.

Optional: Serve with green olive dip. In a blender, whirl 1/2 cup chopped parsley, 5 tablespoons extra-virgin olive oil, 2 tablespoons chopped green olives, 1 tablespoon drained capers, 1 tablespoon lemon juice, 1/2 teaspoon Dijon mustard, 1/4 teaspoon pepper, and 1/8 teaspoon salt until chunky.

June 2009: Recipe



Pool Party Pasta Salad

This versatile salad is a nutritious and light summer meal or side dish. Use grilled chicken leftovers and swap out any of the veggies with what you have on hand!

INGREDIENTS

1 (16 ounce) package farfalle (bow tie) pasta
1 cup broccoli florets
8 ounces fresh asparagus spears, trimmed and chopped
8 ounces diced cooked chicken breast meat
1 (15 ounce) can kidney beans, drained (or garbanzo beans)
1 (4 ounce) can sliced black olives, drained
1 medium green bell pepper, seeded and diced
1/2 pint cherry tomatoes, halved
4 ounces crumbled feta cheese (or asiago or monterey jack)
1 cup Italian salad dressing (or Dijon or Balsamic vinaigrette)
salt and pepper (optional)

DIRECTIONS

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender, about 8 minutes. Add broccoli florets and asparagus to the boiling water during the last 5 minutes. Drain, and run under cold water to cool.

In a large serving bowl, stir together the diced chicken, beans, olives, green pepper, tomatoes, cheese and salad dressing. Stir in the pasta, broccoli and asparagus. Season with salt and pepper to taste. This salad is best if chilled for a couple of hours before serving.

July 2009: Recipe



Halibut with Zesty Peach Salsa

Peaches are at their peak in July and August. Serve this refreshing peach salsa on top of halibut marinated in citrus juices and brown sugar.

INGREDIENTS

1/3 cup orange juice
2 tablespoons canola oil
2 tablespoons lime juice
1 tablespoon brown sugar
2 teaspoons grated lime peel
1 garlic clove, minced
1/2 teaspoon salt
4 (6 ounce) halibut steaks

SALSA:

2 cups chopped fresh peaches
1/4 cup chopped sweet red pepper
1/4 cup chopped red onion
1 jalapeno pepper, seeded and chopped
2 tablespoons orange juice
1 tablespoon minced fresh cilantro
2 teaspoons lime juice
1/4 teaspoon salt

DIRECTIONS

1. In a bowl, combine the first seven ingredients; mix well. Remove 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large re-sealable plastic bag; add the halibut. Seal bag and turn to coat; refrigerate for 2 hours. In a bowl, combine salsa ingredients; cover and refrigerate until serving.
2. If grilling the fish, coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from fish. Grill, uncovered, over medium heat or broil 4-6 in. from the heat for 4-6 minutes on each side or until fish flakes easily with a fork, basting occasionally with reserved marinade.
3. Top with peach salsa.

August 2009: Recipe



Portobello Mushroom Burgers

INGREDIENTS

4 portobello mushroom caps
yellow onion, sliced thick
1/4 cup balsamic vinegar
2 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon minced garlic
salt and pepper to taste
4 slices provolone cheese

DIRECTIONS

1. In a shallow dish, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Place the mushroom caps in the marinada. Let stand at room temperature for 15 minutes, flip over once.
2. Preheat grill for medium-high heat.
3. Brush grate with oil. Place mushrooms and onion slices on the grill. Grill 5 to 8 minutes on each side or until tender. Brush mushrooms with marinade frequently. Top with cheese during the last 2 minutes of grilling.
4. Serve on a whole grain bun.

September 2009: Recipe



Chicken Salad Pitas

With school back in session, this sandwich is great for kids and parents to pack for lunch.

Reasons to Brown Bag It

1. It's cheaper than buying lunch
2. It's healthier than many restaurant options
3. It's easy to control portion size

INGREDIENTS

2 cups cooked chicken breast, chopped
1 medium carrot, julienned
1/2 cup cucumber, seeded and chopped
1 medium tomato, seeded and chopped
1/4 cup red onion, diced
1/4 cup sliced ripe olives
1/4 cup cubed mozzarella cheese
1/3 cup Italian salad dressing
2 cups shredded red leaf lettuce
6 pita bread halves

DIRECTIONS

In a bowl, combine the chicken, vegetables and cheese. Add dressing and toss to coat. Line pitas with lettuce leaves. Stuff 1/3 cup chicken salad into each pita half. Enjoy!

October 2009: Recipe



Baked Apples

It's apple picking season! This low fat and low sodium recipe is a great breakfast, side dish, or dessert. The spices, nuts and raisins can be interchanged or omitted depending upon your taste.

INGREDIENTS

6 apples - peeled, cored and sliced
1/2 cup white sugar
3 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup raisins
1/2 cup chopped walnuts
1/2 cup milk

DIRECTIONS

1. Preheat oven to 350 degrees. Grease a 2 quart casserole dish with non-stick cooking spray.
2. Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
3. (optional) Top with a few thin slices of stick butter, sprinkle with brown sugar or granola.
4. Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

November 2009: Recipe



Pumpkin Bread

This is a lower calorie quick bread that does not skimp on flavor. Buttermilk guarantees it will be moist. Great for an afternoon snack.

INGREDIENTS

1 1/2 cups all-purpose flour
1 1/4 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1 cup pumpkin puree
1 cup brown sugar
1/2 cup buttermilk
1 egg
2 tablespoons butter, softened

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Sift the flour, baking soda, salt, cinnamon and nutmeg into a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended.
(optional add-ins: chopped pecans, chocolate chips, raisins, 1 tsp vanilla)
3. Pour into a 9x5 inch loaf pan.
4. Bake for 1 hour, or until a toothpick inserted into the center comes out clean.

December 2009: Recipe



Dark Chocolate-Dipped Macaroons

Your holiday cookie exchange can be healthy! These chewy coconut cookies skip the usual sweetened condensed milk for a lower calorie version. Only 92 calories each.

INGREDIENTS

3 large egg whites
3 Tbsp sugar
1/2 tsp vanilla extract
1/4 tsp almond extract
1 pkg (7 oz) sweetened flaked coconut
8 oz bittersweet dark chocolate, melted

DIRECTIONS

1. Heat oven to 325°. Line 2 baking sheets with parchment paper or aluminum foil.
2. Whisk egg whites, sugar and extracts in medium bowl until foamy. Stir in coconut until evenly mixed.
3. Drop tablespoonfuls onto baking sheets. Bake 15 to 20 minutes until set and browned. Cool on wire rack.
4. Dip bottoms and tiny bit of sides in melted chocolate. Place on same lined baking sheets. Let stand at room temperature until set. Makes 2 dozen.

January 2010: Recipe



Ham and Potato Soup

New Year, New You. Get inspired with this low calorie, budget-friendly soup. This hearty soup will make you feel good from the inside out.

INGREDIENTS

3 1/2 cups peeled and diced potatoes
1/3 cup diced celery
1/3 cup finely chopped onion
3/4 cup diced cooked ham
3 1/4 cups water
2 tablespoons chicken bouillon granules
1/2 teaspoon salt, or to taste
1 teaspoon ground white or black pepper, or to taste
5 tablespoons butter
5 tablespoons all-purpose flour
2 cups milk

DIRECTIONS

1. Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.
2. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
3. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

February 2010: Recipe



Fruit and Yogurt Energy Shake

Replenish your energy after a cardiovascular workout with this complex carb-rich drink. Yogurt adds protein and calcium while fruit adds natural sweetness and vitamin C for tired, sore muscles. Enjoy this shake within 30 - 60 minutes after exercise, when your body is best able to repair itself and replenish the energy you've spent. Experiment with different fruits for new flavors.

INGREDIENTS

- 1 cup frozen sweet cherries
- 1 cup vanilla yogurt
- 1 cup pomegranate cherry juice
- 1 (8-ounce) can crushed pineapple, drained
- 1 banana, peeled

DIRECTIONS

Place all ingredients in a blender, puree until smooth.