

UK'S ONLY
VEGGIE MONTHLY!



101+ SIMPLE
RECIPE
IDEAS

Cook Vegetarian!

meat-free food made easy

MAY 2009, £3.25

75 Great Value Family Meals

DELICIOUS VEGETARIAN FOOD FOR EVERY OCCASION

MAKE IT FROM SCRATCH
Authentic-tasting pizza
(p91)



**GROW IT...
COOK IT...**

Fresh ideas
straight from
your garden

GOING VEGGIE!

SEASONAL
RECIPES TO
MAKE GOING
MEAT-FREE
A BREEZE

Food to Share

Try our moreish tapas and mezzes –
entertaining has never been so easy!





In demand

Why you should stock up on **spinach**

We reveal why you cannot get enough of this nutrient packed veg in your diet...

3 healthy cooking oils

GOOD OIL £4.49
WWW.GOODWEBSITE.CO.UK

A pure cold-pressed hemp seed oil, Hugh Fearnley-Whittingstall favours it for perfect roast potatoes



COCONOIL £5.99
WWW.COCONOIL.CO.UK

This organic virgin coconut oil is rich in medium-chain fatty acids which can help protect your heart



FARRINGTON MELLOW YELLOW, £4.25
WWW.FARRINGTON-OILS.CO.UK

Cold-pressed rapeseed oil that's high in veggie Omega 3, vitamin E and low in saturated fat



While spinach probably won't make you strong the moment you eat it (as it did for Popeye), its association with bulging muscles isn't entirely unfounded. The word 'spinach' is derived from the Latin word 'spina' meaning 'spine', and in some ways, it can indeed be seen as the backbone of good health, especially for veggies. Spinach is a great vegetarian, low-calorie source of iron and magnesium, both of which are essential to muscle development, and also contains vitamins C, B9 and many more antioxidants and nutrients that may help protect you against bad health. What a winner!



TOP TIPS!

- Only in season in the UK for a short period between April and May, now's the best time to get your spinach fix...and protect the planet from the ravages of global warming
- When preparing spinach, try and serve it with a fat such as olive oil. This will help to release its lutein content – an important nutrient which can help protect your eyesight
- Also try and drink a glass of orange juice when you eat spinach, or combine it with other vitamin C rich foods such as tomatoes – this can significantly increase the amount of iron released from the vegetable
- An incredibly versatile ingredient, make sure you throw it into salads, sandwiches, stews, curries and stir-fries, to get as much in your diet as possible
- Spinach is fabulous when simply sautéed with sundried tomatoes and garlic. Also try blending it into your homemade houmous for a great, fresh taste

Health Q&A



Our nutritionist Emma Wells talks protecting your eyes

Q Is there any truth in the old adage that carrots are good for your eyesight?

Those old wives weren't telling tales.

Carrots contain vitamin A and a lack of this is the leading cause of blindness in Asia, so yes, the rumours are true!

which can contribute to cataracts, glaucoma and macular degeneration.

In the back of the eye is the retina which contains rods that help you see in the dark and cones which help you see colour. Both rely on vitamin A to work correctly.

Protect your eyes by eating a rainbow of colour daily that will fill you up with vitamin A and antioxidants. Try blueberries and strawberries for breakfast, grated carrot and beetroot salad for lunch and a baked sweet potato with a filling of your choice and a green salad for dinner.

Other nutrients necessary for healthy eyes are Vitamin C, E and the minerals zinc and selenium. These are antioxidants which help protect against free radicals,

Emma Wells is the nutritional therapist for Smart Nutrition (www.smartnutrition.co.uk), telephone 01273 775480.



Free-range Eggs

Since the connection with eggs and high cholesterol has officially been rubbished, more good news comes that these little marvels may also work to keep your blood pressure levels in check. In a recent Canadian study, they were found to work in the same way as 'Ace Inhibitors' – the medication taken by people around the world to prevent high blood pressure!