

MONTHLY



90+ makes you'll love

# Cook

# Vegetarian!

meat-free food made easy

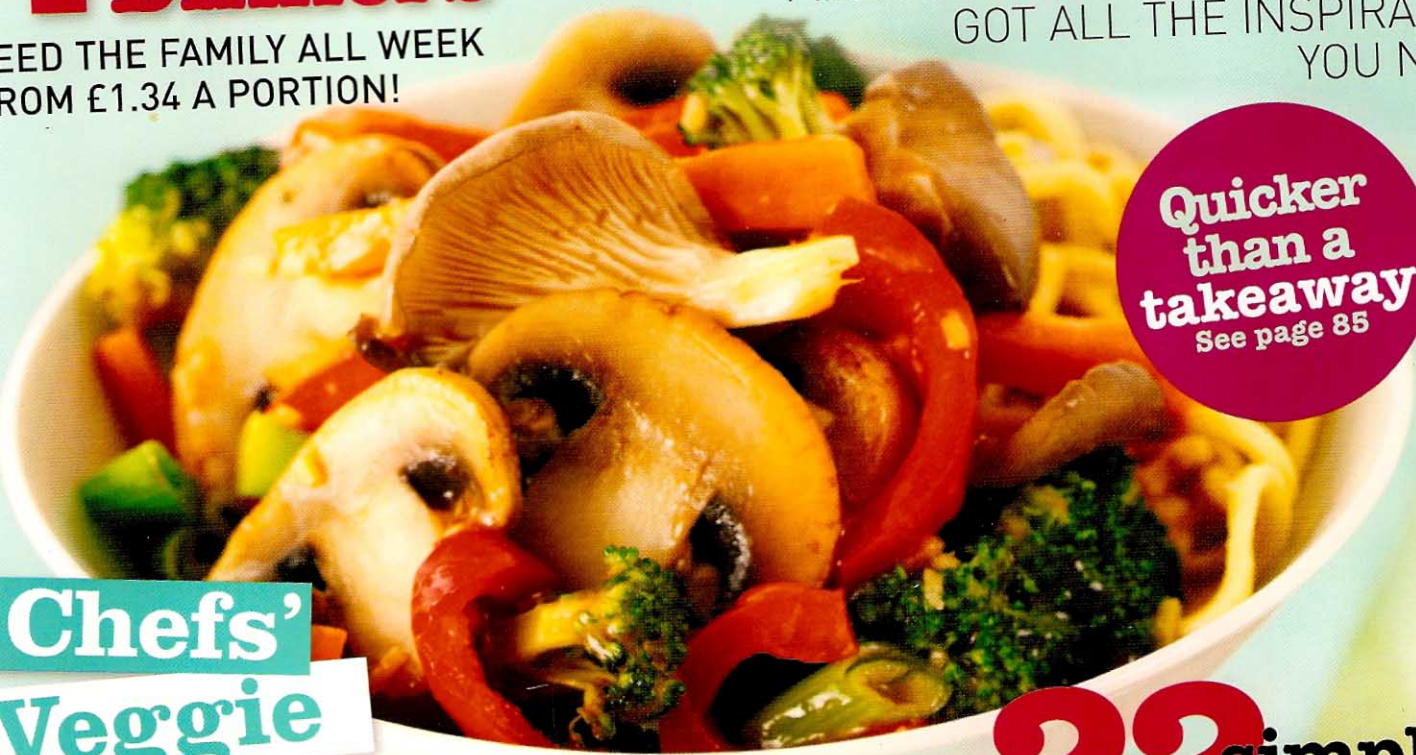
2009, £3.25

## 7 Cost-Cutting Dinners

FEED THE FAMILY ALL WEEK FROM £1.34 A PORTION!

## Celebrate Summer!

FROM PARTIES TO PICNICS, WE'VE GOT ALL THE INSPIRATION YOU NEED



Quicker than a takeaway See page 85

## Chefs' Veggie secrets!

- Bistro-style food at home
- Imaginative flavour combinations
- Healthy al fresco dining

## 22 simple meals for one



**Antony Worrall Thompson**

The celeb chef solves your cookery dilemmas



**Rachel Allen**

Special occasion desserts from the TV cook

### +PLUS

New ways with your favourite seasonal foods

- \* Strawberries
- \* Avocados
- \* Peppers





## In demand

### Why you should stock up on red peppers

Been feeling below par? Here are some great reasons to invest in this delicious veg...



### 3 of the best flowers for health

**SIMPLY HIBI £1.39, WWW.SIMPLYHIBI.CO.UK**  
Recent studies found that drinking a glass of hibiscus juice twice daily can lower your blood pressure by an impressive 12 percent



**UNCLE ROY'S MOFFAT MEADOWS SEASONING SALT £2.25, WWW.UNCLEROYS.CO.UK**  
Reduce your salt intake by flavouring your food with the goodness of health-giving herbs, flowers and seeds



**CLIPPER DANDELION TEA £1.09**  
Reputed to have gentle diuretic properties, dandelion may help to cleanse and purify your body and increase feelings of wellbeing



It's common knowledge these days that a regular fix of vitamin C can help you to strengthen your immune system. For this reason many of us head for citrus fruits such as oranges and kiwi when we're starting to feel run down. But did you know that there is four times more vitamin C in a raw red bell pepper than in an orange? Enjoying red peppers raw will ensure that none of their potency is lost through the heat of cooking. And to maximise your vitamin hit further, try to buy organic where possible – studies have shown that organic fruit and vegetables tend to have a higher nutrient content on average.



#### TOP TIPS!

- Don't worry if your pepper isn't a perfect bell shape – the craggier ones in the organic aisle have so much more flavour – and personality!
- Editor Rachel swears by adding finely diced red peppers to a houmous sandwich. "It's such a delicious combination!" she says
- Peppers contain virtually no calories making them very diet-friendly. They are also rich in vitamin A, which works together with vitamin C to neutralise free-radicals
- Remember to include slices of fresh red pepper when preparing crudités; they look so vibrant and will help paint a pretty rainbow on the plate
- Try starting the day with a refreshing juice booster made from 1 fennel bulb, 1 red pepper, 4 medium carrots and 2 apples whizzed together in a blender

## Health Q&A



Our nutritionist Emma Wells talks potatoes and dieting

**Q** Do potatoes offer any health benefits? And are they really to be avoided by slimmers?

Potatoes are packed full of fibre, so they can help you to feel fuller for longer. They are also high in vitamin B6 which is good for hormone balance and PMS, potassium, which can help keep your heart healthy, and vitamin C. However, as cooking easily destroys vitamin C content, get the most from your potatoes by steaming or baking rather than boiling them, and by keeping the skins on.

Problems with weight occur when potatoes are peeled, fried, mashed with

butter or roasted. The added fat isn't good for the waistline and too much starchy potato of any kind messes with your blood sugar levels, meaning energy crashes and cravings. So if you're trying to lose a few pounds, stick to steamed new potatoes at lunch time and pass on potatoes after 6pm. Remember, they are a good source of essential nutrients.

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

## WE LOVE Mushrooms

A time-honoured veggie staple, there's so much more to the humble fungi than meets the eye. Numerous studies have revealed that mushrooms may help to protect against heart disease and cancer thanks to their rich nutrient content.

Packed with the B vitamins thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6) and folate, this versatile veg is also provides you with essential minerals.

