

Healthier choices

Little changes to what you buy and how you cook can make a big difference to your wellbeing.

CATCH ON

It's recommended we eat two portions of fish a week (one to be an oily fish), and tinned fish counts. Here are a few ideas:

Salmon For fishcakes, drain and mix with mashed potato, chopped spring onions and parsley, then shape into fishcakes before crumbing and frying until golden.



£1.50, 212g (71p/100g)

Sardines Make a dressing for green veg with chopped sardines, olive oil, lemon juice and chopped fresh chilli.



60p, 120g (67p/100g)

Mackerel Drain then mash with lemon juice and olive oil, or soured cream, to make a thick sauce that works a treat folded through hot pasta.



90p, 125g (£1.05p/100g)

Tuna Tinned tuna isn't classed as an oily fish, but it still makes a fab pâté: blitz with crème fraîche, a boiled egg, soft white cheese and cornichons.



£1.30, 200g (87p/100g)

WHAT TO DO WITH: Radishes...

Sure, you can slice them into a salad, but there's more to radishes than meets the eye. They're low in calories and more versatile than you may think.

DID YOU KNOW?

The hotter the weather, the hotter the radish! So if you prefer peppery radishes, keep your fingers crossed for a long, hot summer.



TRY THIS
Radishes by Sainsbury's, 60p, 200g (£3/kg).



SAUTÉ THEM AS A SIDE

For an unusual side dish that's pretty as a picture, just trim and quarter a pack of radishes, then sauté for 8-10 minutes in a frying pan with a knob of butter and some black pepper until tender.

ROAST WITH HONEY

How about jazzing up your Sunday lunch with some roasted radishes? Trim and halve them, then toss with a squeeze of lemon and a drizzle of honey. Season and roast at 190°C, fan 170°C, gas 5 for 10-15 minutes until crisp at the edges.

TURN INTO A TZATZIKI

Pep up a chicken sandwich with a spoonful of radish tzatziki: finely chop ½ bunch fresh mint and 1 pack radishes. Mix with 200g low-fat natural yogurt and the juice of a lemon.

PICK OF THE SEASON



CHICORY

Did you know that chicory (also known as endive) is grown in the dark to get its long white leaves? Take a 'leaf' from the French and eat it raw with thinly sliced pear, crumbled blue cheese and chopped walnuts.



SPRING GREENS

As the name suggests, these tender green leaves are at their best right now. Steam, stir-fry or sauté until just wilted – but don't overcook them!



JERSEY ROYALS

Enjoy these small, flavoursome potatoes now as their season is a short one. And did you know they're the only fresh veg in the UK to boast an EU Protected Designation of Origin (PDO) status?

It's a living thing

When it comes to **healthier eating ingredients**, lettuce is usually top of the list. Rather than letting it wilt in the bottom of the fridge, keep **a living salad** on the go. Pop it on a windowsill, water occasionally, and just snip and wash what you want, when you want. Less waste and more room in your fridge: **brilliant! From £1 per pot.**

