

Sainsbury's

FOOD/HEALTH & BEAUTY/HOMES & TRAVEL/FEBRUARY 2011

magazine

ONLY
£1.60

*Health
issue!*

Fresh start

Delicious healthy recipes
for a leaner, fitter you

**WORKOUTS FOR
BUSY WOMEN**
+ FREE five-day gym pass

**NEW SECTION!
SMART COOK**
Frugal food for
every day



*Spiced carrot and butterbean
soup with frizzled shallots,
yogurt and parsley*
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**YUMMY IDEAS
FOR MAKE-IT-EASY
ENTERTAINING**

**STYLISH MODERN
LOOKS FOR THE
FAMILY HOME**

WHAT'S THEIR SECRET?
Honest answers from happy couples

OUR FAVOURITE...

Knife sharpener

Did you know, blunt knives are more dangerous to use than sharp blades as they slip easily? The AnySharp Pro will sharpen any knife, plain or serrated, in moments. Comes with a 10-year guarantee, £29.99 (anysharp.com).



Ingredient of the month



Containing only wheat, soya beans, water and salt, Kikkoman is the cook's choice when it comes to soy sauce. It's naturally brewed in the traditional way, resulting in a superior flavour – a true slow food. Use as a seasoning rather than in stir-fries alone. Its depth of flavour adds a special touch to soups, salad dressings and gravies.

Best of British

Bramley Apple Week is 6-13 February. Celebrate by baking apples stuffed with dried fruit, nuts and a knob of butter (or use up leftover Christmas mincemeat).

TOP TIP Score a line around the middle of your apple to stop it bursting in the oven.



Wine of the month



Spanish delight

Splash out on a Saturday night with a bottle of Luis Cañas Coleccion Privada Rioja Reserva, £16.99 (selected stores). A wonderfully deep and rich top-quality wine with ripe berry fruit flavours and a generous hint of spice on the finish.

Don't miss

Olly Smith's new television series – *The Secret Supper Club* is coming soon on Channel 4.



CRUNCH TIME

Chicken Caesar salad

A classic salad accompanied by tasty RYVITA® Cracked Black Pepper Crispbread.

2 RYVITA® Cracked Black Pepper Crispbreads

Method

- 1 Toss the salad leaves with the dressing, then add the sliced veg.
- 2 Slice the chicken breast and add to the salad. Enjoy with RYVITA® Cracked Black Pepper Crispbread.

Calorie count

1 serving of chicken Caesar salad equals...

315 calories

Ingredients

Serves 1

- mixed salad leaves
- Caesar salad dressing
- 1 slice of red onion
- 2 tomatoes, sliced
- 5 slices of cucumber
- 2 slices of mixed peppers
- 1 small cooked chicken breast

RYVITA® Cracked Black Pepper Crispbread

Just as tasty with or without accompaniments, these deliciously crunchy crispbreads are a tasty, healthy treat. They're high in fibre and are suitable for vegetarians.

