



Eat, Drink and Stay Slim this Summer

All you can eat buffet breakfasts, leisurely lunches, ice-cream on the beach. Sounds divine but beware the extra pounds can be easily piled on. It doesn't have to be this way. To give you a

helping hand, follow these guidelines:

- Roughly plan your days, including when and where you're likely to eat. If you're planning a big lunch, then aim to have a smaller dinner.
- Don't skip meals, or you'll end up eating more than you normally would.
- Aim to stick to the same healthy eating rules you follow at home.
- Skip the bread that often comes at the start of a meal.
- Avoid dishes that come in rich, creamy sauces or contain pastry. Watch out for words such as being pan-fried, deep-fried, sautéed or crispy.
- If you're staying near the coast, there will probably be plenty of fish and seafood on the menu, which not only tastes delicious, but is also reasonably low in calories and fat providing it's not fried.
- Be careful when you order salads. It may seem like you're having the healthiest option on the menu, but they may be drowning in dressing. Don't be afraid to ask the waiter for dressing on the side.
- Choose desserts carefully – fresh fruit salad, ice-cream, sorbets and meringue-based puddings are good choices.

Warm chicken salad

INGREDIENTS

- 4 tablespoons olive oil, plus extra for brushing
- 2 red peppers, halved lengthways
- 300 g cherry tomatoes, halved
- 4 garlic cloves, thinly sliced
- 250g fine green beans, ends trimmed, halved lengthways
- 1 tablespoons lemon juice
- 1 tablespoons oregano, chopped
- 4 boneless, skinless chicken breasts

METHOD

1. Preheat the oven to 200C/180C fan/gas 6. Lightly oil a baking sheet and lay the peppers on it, cut-side down. Rub a little of the oil over the pepper skins. Roast them for 35-40 minutes or until the skin is blackened and charred. Tip the peppers into a bowl with any juices and immediately cover with plastic film. This will create steam and make the peppers easier to peel. Set aside to cool.

2. Meanwhile lay the tomatoes on the baking sheet, scatter over the garlic and drizzle over 1 tablespoon of the oil and toss together to coat. Roast for 6-8 minutes until the tomatoes are starting to soften and burst but still holding their shape. Cook the beans in boiling water for 6-8 minutes until cooked but still bright green, then drain.

3. When the peppers have cooled, peel off the skin and rip or slice the flesh into strips, removing the stems, cores and seeds as you go. Reserve the juices in the bowl and mix with the remaining 3 tablespoons of the oil, the lemon juice and oregano and any juices from the roasted tomatoes. Lay the beans on each serving plate then casually scatter over the pepper strips, tomatoes and garlic.

4. Brush the chicken all over with a little extra oil and season with a little salt and plenty of pepper. Place the chicken on a grill or hot griddle pan, and cook for 10 minutes, turning half way through. Serve on top of the salad.