



# The Recipe for Life: Healthy eating for real people

*Sally Bee*

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Bestselling author and home cook Sally Bee's collection of deliciously simple recipes that show how easy it is to follow a healthy diet for life.

Many of us know the principles of healthy eating but actually incorporating them into daily life is much harder. Whether it's eating more fruit and vegetables, reducing fat without losing flavour or feeding a family after work without the aid of a take-away menu, Sally Bee explains how to make good food second nature.

Sally isn't a dietician, but a busy mum who knows how tough it can be to change eating habits. Her down-to-earth advice and realistic approach is borne from her own experience of life-threatening heart disease, which she recovered from thanks to her own delicious and easy-to-follow eating plan. Sally understands how real people eat and how recipes must be quick and made with affordable, readily available food. Her plan won't leave you feeling deprived or hungry, but allows you to enjoy many of your favourite foods in a balanced way.

Recipes for Life offers refreshingly simple advice and tasty dishes that will change your eating habits and help you enjoy a healthy mind and body - not just for a few weeks, but for life.

Recipes include:

Chicken Korma  
Healthy Chinese Chicken Wraps  
Smoked haddock and leek pie  
Healthy Fish Chips and Mushy Peas  
Roast Monkfish with Olives and Capers  
All-in-one Lentil and Sausage Casserole  
Spanish Pork and Bean Stew  
Caramelised Veggies with Sausages and Baked Sweet Potato  
Winter Salad  
Asparagus and Artichoke Salad with Wild Rice and Basil Dressing  
Pumpkin and mushroom lasagne  
Broccoli and Leek Bake  
Apricot and Pistachio Tart

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