



Cooking Made Easy



Provençal Grilled Chicken with Body Boosting Veg

Here's a thought for the new year: There are certain foods that not only taste great but really pull their weight in the nutritional stakes too - the courgette, red pepper and chicken in tonight's recipe for example. Then there are those foods which are just full of empty calories. The prime suspect in this line-up is sugar. Though it makes food taste good (the reason it's found in practically everything in the supermarket) it doesn't have any nutritional benefits, but all sorts of downsides. Check out our blog for tips on how to quit it easily ;-)



35 min



level 2



gluten-free



nut-free



healthy

