

Recipes



Summer is a time for picnics and light meals. These recipes are delicious, simple and quick to make.

Chicken with lime and mint

Serves 4

4 chicken breasts, skin removed, roughly chopped
1 inch ginger root, peeled, thinly chopped
1 red onion, chopped
1 chilli, de-seeded and finely sliced
2 cloves garlic, peeled and sliced
Handful of mint leaves chopped
Handful of basil leaves chopped
Handful of coriander
Juice of 2 limes
Splash of soy sauce
1 small onion, peeled and sliced

Preheat oven to 190°C (375°F).
Flatten the chicken breast.
In a food processor, blend the herbs, ginger, chilli, onion, garlic, lime juice, soy sauce and red onion. Add sea salt and pepper to taste. Spread equal amounts of the mixture on each breast. Roll the breast and secure with a toothpick.
Place in baking dish and bake for about 20 minutes until done.
Serve with quinoa and a bean salad.

Spicy hummus

1 tin of chickpeas, drained
1 tablespoon tahini (or crème fraiche)
1 tablespoon lemon juice
1 tablespoon olive oil
2 cloves garlic, crushed
Pinch of cayenne pepper

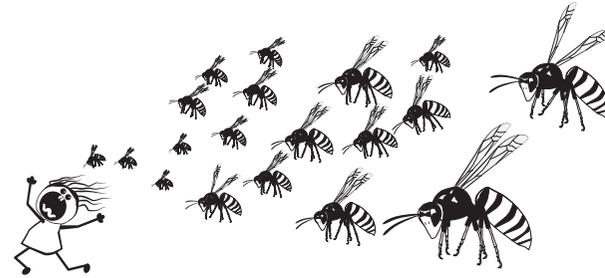
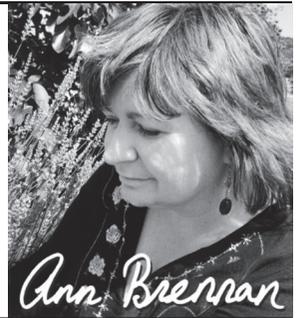
Place the all the ingredients in a food processor and blend until well mixed. Sprinkle with a little paprika.

Mexican bean and avocado pitta

2 wholemeal pittas
2 teaspoons olive oil
1 small red onion, finely chopped
1 clove garlic, crushed
¼ teaspoon of cayenne pepper (optional)
1 red pepper, finely chopped
1 green pepper, finely chopped
400g tin red kidney beans, well rinsed
2 tbsp tomato ketchup or tomato chutney
Juice of 1 lime
½ avocado, roughly chopped and green salad leaves, to serve.

Place the oil in a saucepan over a medium heat. Add the onion, garlic and chilli powder and cook gently for 1-2 minutes until soft. Add the peppers and cook for 2-3 minutes. Add the beans, tomato ketchup and ½ cup of water. Stir to combine, reduce the heat and simmer for 10 minutes until thick. Stir through the lime juice.
Spoon the bean mixture into a pitta. Top with avocado and green salad leaves. Serve with wholemeal pitta bread and hummus. Ideal for lunch or picnics.

WORDS free on health



Survive the Summer



Mosquitos, sunburn, temper tantrums, heat rash, wasps... Here's some help to get you through the summer.

In this issue I've collected some remedies and recipes that will keep the insects at bay, soothe your bites (if they've already got you), calm irritable kids, give you a refreshing bath or a cooling spritzer, and fill up your picnic basket.

Whatever you get up to, I hope you have a great summer!

See inside for some simple tips and remedies that you can add to your summer first-aid kit.



For information about herbal medicine and nutritional consultations contact Ann Brennan on 07745 898911 or visit www.annbrennan.co.uk

Insect repellent

This blend is great for helping to keep away mosquitoes, sand flies or midges. It smells good too.

Citronella, lavender and peppermint oils are all natural insect repellents. Peppermint cools the skin and reduces redness, itchiness and irritation. Lavender is soothing, anti-inflammatory and makes an excellent antiseptic wash. Witch-hazel is an astringent and reduces the swelling and itchiness of previous bites and stings.

Spray on all over (avoiding the eyes), or on the affected area if already bitten.

Witch-hazel water 50ml

Essential oils of:

Lavender (5 drops)

Peppermint (5 drops)

Citronella (4 drops)

50ml spray bottle with label

All the above are available from chemists and health food stores.

Add the drops of essential oil to the witch-hazel water. Pour into the spray bottle and write the name and date on the label.

100g chopped fresh mint
(or 3 tbsp dried)

100g chopped fresh camomile
flowers (or 3 tbsp dried).
You can also use a couple of
camomile teabags.

50g of lavender flowers
(or 4 drops of the essential oil)

1 litre water

Combine the ingredients in a small saucepan. Bring to the boil and simmer gently for 5 minutes, then remove from heat and allow to steep for 10 minutes. Strain the liquid into a jug, then cover. This will keep for 2 days refrigerated. Pour into a spray bottle as needed.

Spritzers

This spritzer (a cooling spray) is great for sunburn, heat rash, cuts, grazes and insect bites. Parents will find it useful to calm irritable kids and cool temper tantrums. Or spray it on yourself when you're feeling stressed.

Peppermint and lavender are cooling and calming yet energising and refreshing.

Camomile, known as the mother remedy because of its wide range of medicinal uses, will ease painful swellings, soothe headaches caused by heat and dehydration and help you get a restful night's sleep.

Kitchen First Aid

If you forgot to apply insect repellent and have been bitten, get an onion!

Peel the onion, cut a slice and place it over the affected area. This will bring rapid pain relief from insect bites and stings or nettle rash. The onion juices reduce inflammation and are a powerful antiseptic.



Bee stings are acidic and so need to be neutralised by alkalis. Bathe the sting with bicarbonate of soda dissolved in water.



Wasp stings are alkaline, so need acids to neutralise them. Gently dab the area with cider vinegar or lemon juice.

Camomile, lavender and oat bath bag & sponge

Take a couple of large handfuls of porridge oats. Mix in some camomile and lavender flowers, or 10 drops of lavender essential oil and a camomile tea bag. Tie the mixture up in a muslin square (or a clean pair of tights) and hang under the hot tap while the water is running. Once in the bath, use as a sponge for healing sore, irritated and inflamed skin.

...and mind what you eat

Try not to skip meals as dips in blood sugar will cause the body to release stress hormones which leave you feeling irritable, tired and snappy.

Combine tryptophan-rich foods (such as chicken, turkey, eggs, cheese, beans, pulses, walnuts) with unrefined carbohydrates (oats, potatoes, whole grains) to synthesise mood-enhancing serotonin.

See the **Recipes** section for some delicious ideas for picnics and summer meals.