

As we are all getting excited for the wide array of delicious food available to us during the festive season, remember there is some lovely produce available to offer some nutritious sides to complement our delectable feasts!

Celery is so frequently considered a stringy weight-loss food with little flavour, affectionately called “rabbit food”. However, it actually has a lot to offer us, and when roasted in this recipe has a lovely, sweet flavour that will convert even the most staunch celery haters. Celery is not only low in calories but rich in fibre, and a great source of vitamins C, B6, B1 and B12, potassium, folic acid, and calcium. Celery contains a plethora of antioxidants including coumaric acid, apigenin, tannins, and kaempferol.

Chestnuts are a traditional staple for the festive season, they contain less protein and fat, and more fibre, than traditional nuts and are actually considered more of a fruit. They are one of the few nuts to contain good levels of vitamin C, and they have good levels of manganese, molybdenum, magnesium, and copper, as well as the vitamins B1, B2, B6, and folic acid. Chestnuts are also good sources of the antioxidant carotenoids lutein and zeaxanthin, meaning this dish really helps hit the antioxidant variety jackpot.

Roasted chestnuts and celery

(serves 2-4)

4 sticks of celery

50g cooked chestnuts (or cook them from fresh yourself)

1 garlic clove (finely grated)

Leaves from a couple of sprigs of thyme

Drizzle of extra virgin olive oil

Pinch of salt and pepper

Heat the oven to 180 degrees.

Optional extras: sliced red onion, sage, rosemary

Wash the stalks of celery and cut into lengths about 2-3cm long, pop them in a baking dish adding the extra virgin olive oil, garlic, thyme leaves, salt, and pepper. Mix well to coat.

Roughly chop the cooked chestnuts and sprinkle over the celery.

Pop in the oven for around 20 minutes until the celery is just soft.

A lovely addition to any roast, and really good in bubble and squeak the next day, enjoy!

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