

Christmas is fast approaching, and if you are anything like my family, you will always have more than you need for the day. Next comes the puzzle of how to prepare the leftovers so you don't feel like you're eating the same thing every day while you work through the excess. With this recipe we will take two beautiful, if sometimes maligned, vegetables and make a light side to simply compliment any leftovers.

Sprouts, the Marmite of the traditional festive vegetables, are commonly disliked by children and adults alike, despite their impressive nutritional content. Sprouts are a great source of folate, vitamins C, K and B6, beta-carotene, thiamine, potassium, and fibre. Phytochemicals called glucosinolates, sulphur- and nitrogen- containing compounds, contribute to the pungent taste some find off putting, and add to the antioxidant content of Brussel sprouts. Hopefully this recipe will help convert a few to the delights of this beneficial cruciferous vegetable.

Turnips, also members of the cabbage family, are a commonly overlooked root vegetable that have only a 1/3 of the calories of potatoes. Turnips are also great source of fibre, vitamin C, E and many B vitamins, manganese, copper, potassium, and magnesium. While most commonly eaten cooked, turnips can be eaten raw and are lovely in this tasty slaw.

Sprout and turnip slaw

(serves 2-4)

160g sprouts

1 small turnip

2 tbsp extra virgin olive oil

1 tbsp lemon juice

1 tsp mustard (wholegrain or Dijon)

Pinch of salt and pepper

Optional extras: chives, toasted walnuts or chestnuts, blue cheese



Take the outer leaves, and any remaining stalk off the sprouts and finely slice.

Peel the turnip and cut into thin slices. Then stack a few of the slices on top of each other and cut into fine matchsticks.

Mix together the extra virgin olive oil, lemon juice, mustard, and salt and pepper.

Coat the vegetables, mixing well, serve with mixed leaves and your leftovers from the big day, be that turkey, ham, or nut roast.

Wishing you all a Merry Christmas and a Happy New Year!

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