

After the rich feasts of the festive season, I thought you might enjoy a nutrient dense but satisfying salad, this time showcasing the seasonal delights of parsnips, kale, and shallots.

Parsnips are a member of the *apiaceae* family including carrots and parsley, and are good sources of vitamin C, K, E, B6, folate, magnesium, thiamine, phosphorus, and zinc.

Kale is very nutrient-dense, meaning it has high levels of nutrients per gram, with good levels of vitamins A, K, C, B6, manganese, calcium, copper, potassium, and magnesium.

Shallots are part of the same family as onions and garlic but boast a more impressive nutrient profile than both. They contain flavonols and antioxidants including quercetin and kaempferol which are released when they are cut and help form allicin a compound linked to a myriad of health benefits. Shallots also offer good levels of vitamins C, A, B6, potassium, iron, folate, manganese, and fibre. The fibres in shallots are prebiotic and help feed the beneficial bacteria in our guts.

Kale and parsnip salad with shallot dressing

(serves 2)

200g kale

1 medium parsnip

½ small shallot

2 tbsp extra virgin olive oil

1 tbsp lemon juice

Salt and pepper



Strip the kale from its stems, and roughly tear up the leaves. Place

them in a salad bowl with a pinch of salt and massage for a minute or so to soften any tough fibres.

Slice the parsnip lengthways into thin slices, and then into matchsticks and add to the salad bowl.

Finely dice the shallot and mix with the olive oil, lemon juice, and a pinch of black pepper. A little Dijon mustard can be a nice addition if you choose.

Thoroughly coat the salad in the dressing. Lovely served with some cold leftover meats, or on its own with feta and toasted seeds.

Lastly, I have some exciting news to share with you, from February I will be taking over a premises at Coles Yard in Wincanton and hope to be able to offer a variety of services and events under one roof.

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