



inspired recipe

Sautéed garlicky winter greens and lentil cakes

by Marissa-Catherine Carrarini

During the winter months, as the cold and damp increases, the body needs change. No longer can we be nourished purely on light salads, fruits and summer vegetables. The body needs denser and often richer foods. Such foods are needed, not only to give the body adequate vitamins and minerals (and to protect one from colds and flu) but to give it warmth and a much needed feeling of physical and emotional comfort.

Winter greens, such as broccoli, kale, cabbage and brussels sprouts, are rich in immune strengthening vitamin C and beta carotene, calming magnesium and kidney supporting potassium. These vegetables are also wealthy in sulphur. Sulphur - aka the beauty mineral - boosts collagen and is important for silky hair, healthy skin and strong nails. Plus, it strengthens the immune system. Winter greens are also known to be anti-cancer. Lentils, on the other hand, are a valuable source of protein, fibre and iron.

Finally, when it comes to winter – garlic is magic medicine. It is anti-bacterial, anti viral and anti fungal, thereby helping to ward off colds and flu.

So this winter, keep warm, stay nourished and enjoy the change of the seasons.

Recipe serves 2

- 1 cup puy lentils
- 1 large onion finely chopped
- 2 cloves garlic crushed
- 1/2 stalk celery finely chopped
- Handful parsley chopped
- Bunch chives chopped
- Olive oil
- Wholemeal flour
- 1 Egg (optional)

For the Lentil Cakes:

Boil the lentils until they are very soft but still well formed (it should take about 3/4 hour). Sauté the onion, garlic, salt, pepper and celery until the garlic is transparent. Add the lentils, stir and cook for about 5 minutes. Add the herbs and begin to crush the lentils and onion mixture down with a wooden spoon. Take off the heat and add either the egg or a little extra olive oil to help bind the mixture into cakes. Dust each cake with wholemeal flour and gently fry until golden brown on both sides.

For the Garlicky Greens:

Chop the greens into bite size pieces. Crush the garlic until it forms a paste. Heat the pan with the olive oil; then add the greens (add the stalks 1 minute before the leaves or florets), salt, pepper, sugar and cook for about 5 minutes. Add the garlic and cook for a further 5 minutes, being careful not to brown the garlic. Add a dash of water and cook until the water evaporates and the greens look shiny.

This dish is delicious with roasted potatoes or slices of buttery wholemeal/rye bread

Garlicky Greens:

- Garlic (2-4 cloves, depending on how strong you like it)
- Lashings of olive oil
- Salt and pepper
- Pinch sugar
- Winter greens (such as kale, broccoli, brussels sprouts)
- Salt to taste
- Fresh ground black pepper



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