



## Winter vegetables – so delicious

When the cold weather blows in, the selection of vegetables can appear less abundant than summer's endless bounty. Still, there are plenty of great-tasting winter vegetables to enjoy.

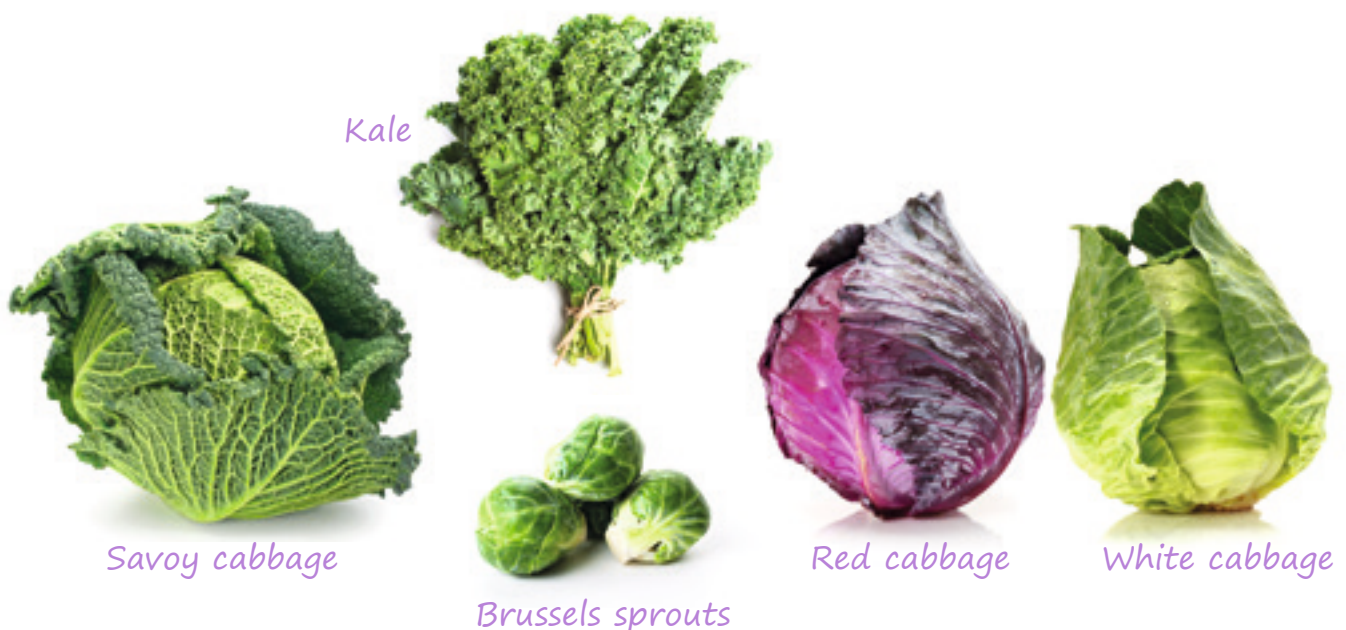
At first glance, the farmers' markets, the vegetable stand and the produce section of your local supermarket may seem dull and lacklustre after the rainbow of colours in summer and early autumn. Look closer, however, and you will discover that there are many tasty vegetables that either come full bloom in cooler weather or store well throughout the winter months. Here's a look at the who's who of winter vegetables.

### Cabbage

The winter-loving cabbage family is extremely rich in variety and includes white cabbage, red cabbage, Brussels sprouts, kale and

savoy cabbage. Rich in vitamin C and A, cabbage also contains minerals such as iron, calcium, magnesium and potassium. Make cabbage kidney-friendlier by soaking it first in water to draw out potassium, then cook in a generous quantity of water. If consuming sauerkraut from a tin, rinse well before preparing. Remember: you can enjoy some cabbage, but in limited quantities and prepared in a kidney-friendly way.

**Try:** Warm red cabbage salad with goat's cheese and capers. Find the recipe on page 34.







Beetroots

## Root vegetables

From leeks to carrots, from parsnips to beets, root vegetables flourish in winter. And don't forget jet black salsify, also known as winter asparagus, and those lovely swedes. Peel, cube, soak, boil and puree for a delightful root vegetable side dish. Due to their high potassium content, many of these roots, such as carrots, should always be soaked before preparing into a meal.



*Root vegetables*

## Belgian endive

Prepare this crisp wintertime treat in a wide variety of ways – such as steamed or fried – or eat it raw. Originally the roots of Belgian endive were used to make chicory coffee, an alternative to the caffeine-laden drink made with coffee beans. According to legend, Belgian endive was 'discovered' when farmers stored the chicory roots in a greenhouse over the winter where, low and behold, edible leaves sprouted.

What makes Belgian endive unique: the roots grow leaves when not exposed to light. What's more, exposure to light causes the leaves to develop a bitter taste. The rule of thumb is the greener the leaves, the bitterer the bite. Try to avoid cooking Belgian endive in a pan or pot made of iron or aluminium. Doing so will cause the leaves to turn black because of a chemical reaction.



*Belgian endive*



**Try:** Fried Belgian endive with salmon fillet.  
Find the recipe on [NephroCare.com](https://www.nephrocare.com)

## Purslane

Often mistaken for a pesky weed, purslane is not only edible and delicious, it is also a real jack of all trades in the kitchen. Use the thick annual succulent with slightly nutty leaves to season dishes and kick up salads. It's equally tasty as a vegetable side dish with meat, poultry or fish. As a rule of thumb, treat purslane like you would spinach.



*Purslane*





### Sunchokes

This root vegetable from the sunflower family also goes by the name Jerusalem artichoke. It has a hint of sweetness and is reminiscent of artichokes and potatoes. Sunchokes are also very versatile whether you eat them in salads, cook and puree them like mashed potatoes or slice and fry them like chips. Good to know: sunchokes contain high levels of inulin which helps keep blood sugar stable. This makes them a good alternative to potatoes for diabetics.



*Sunchokes*

### Pumpkin

More than just lovely to look at around Halloween, pumpkin is tasty to eat and extremely versatile in the kitchen. Boil, steam, fry or bake, however you prepare the luscious gourds, the result is certain to be a treat. In the USA sweet pumpkin pie is a Thanksgiving staple, but the possibilities are endless, from soup made with the flesh to dried and toasted seeds.



*Hokkaido pumpkin*



**Try:** Pumpkin quiche.

Find the recipe on [NephroCare.com](https://www.nephrocare.com)

### *Fun pumpkin fact:*

*In 2016, a Belgian man, Mathias Willemijns, set the world record for the largest pumpkin. It clocked in at a whopping **1,190.5 kilograms**, 150 kilos more than the previous world record holder.*



*Be inspired by these often-underestimated vegetables  
and enjoy them in delicious kidney-friendly dishes  
that will brighten up your winter dinner table!*