

CELERY ROOT SALAD

This recipe is from the cookbook France: the Vegetarian Table, by Georgeanne Brennan.

1/2 cup fresh lemon juice
1 tsp. ground cumin
1/8 tsp. ground turmeric
1/8 tsp. salt
1/4 tsp. freshly ground black pepper
2 Tbs. minced fresh parsley
1 large celery root (about 1 pound), peeled

In a medium-sized bowl, mix together the lemon juice, cumin, turmeric, salt, pepper, and parsley. Set aside.

Finely julienne the celery root. The slices should be no more than 1/16 of an inch thick, if possible.

Add the celery root to the lemon juice mixture and toss to coat well. Serve at once.

My Notes

Although this dressing has no oil and little salt, I thought it was pretty tasty. There was perhaps a bit too much lemon juice, though. This makes 6 small side servings, of a 1/2 cup each.

Rating: B-

Serving Size: 1/2 cup, 1/6 of
recipe

Amount Per Serving

Calories 48

Total Fat 1.5g

Saturated Fat 0.2g

Cholesterol 0mg

Sodium 128mg

Carbohydrate 8.9g

Dietary Fiber 1.5g

Sugars 1.7g

Protein 1.3g

Vitamin A 0% Vitamin C 24%

Calcium 4% Iron 5%