

# Celeriac Salad

A classic European-style salad made with tender boiled celeriac and a simple yogurt vinaigrette. Light, fresh, and a perfect side dish.

Makes: 4 Servings  
 Prep Time: 10 minutes  
 Cook Time: 25 minutes

Source: Stoneledge Farm

## Ingredients

- 3–4 celeriac bulbs
- 1 tablespoon canola or sunflower oil
- 2 teaspoons white vinegar
- 2 tablespoons nonfat yogurt
- Salt and pepper, to taste
- 2 tablespoons minced parsley

## Directions

1. Boil whole celeriac roots until tender, about 25 minutes.
2. Shock in cold water, then peel.
3. Cut into halves, then slice thinly.
4. Mix oil, vinegar, yogurt, salt, pepper, and parsley to form a dressing.
5. Toss celeriac pieces with dressing. For best flavor, refrigerate overnight.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	85
Total Fat:	3g
Saturated Fat:	.5g
Cholesterol:	0mg
Sodium:	120mg
Total Carbohydrates:	12g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	2g

## Utensils Needed

- Sharp knife
- Cutting board
- Large bowl of ice water
- Mixing spoon
- Mixing bowl



# SHOPPING LIST

Average total cost without oil and seasonings: \$13.92

Average cost/serving: \$3.48

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 3-4 to Cart  
Celeriac



Add 1 to Cart  
Yogurt



Add 1 to Cart  
Parsley

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Yogurt adds creaminess; use nonfat for a lighter version
- Add shredded carrots or apples for extra crunch and sweetness
- Letting the salad sit overnight improves flavor and texture

