

# Smashed Celeriac

A cozy, earthy side dish that highlights celeriac's mild celery-like flavor. A great alternative to mashed potatoes. Creamy, comforting, and naturally flavorful

Makes: 4 Servings  
 Prep Time: 15 minutes  
 Cook Time: 20 minutes

Source: VT Foodbank

## Ingredients

- 2 large celeriac bulbs
- 2 tablespoons butter or olive oil
- Salt and pepper, to taste
- 2 tablespoons chopped celeriac greens or parsley

## Directions

1. Peel celeriac (a knife works better than a peeler)
2. Cut into 1-inch cubes and place in a pot of salted water
3. Bring to a boil, then reduce heat and simmer 15-20 minutes, until fork-tender
4. Drain well and return to pot
5. Add butter and chopped greens. Mash gently.
6. Season with salt and pepper and stir until combined. Serve hot.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	110
Total Fat:	5g
Saturated Fat:	2g
Cholesterol:	5mg
Sodium:	150mg
Total Carbohydrates:	15g
Dietary Fiber:	3g
Total Sugars:	2g
Added Sugars:	0g
Protein	2g

## Utensils Needed

- Sharp knife
- Cutting board
- Large pot
- Colander
- Potato masher
- Measuring spoons
- Spoon for mixing



# SHOPPING LIST

Average total cost without oil and seasonings: \$8.95

Average cost/serving: \$2.23

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 2 to Cart  
Celeriac

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Add a splash of lemon juice for brightness
- Substitute olive oil if you prefer a dairy-free version
- Serve with roasted meat, vegetables, or stew

