

Celeriac

Key Points

- For the best buy, choose small, firm celeriac with no soft spots.
- To prepare celeriac, rinse well and cut off the bottom and the top of the celeriac. Slice off the tough outer skin. To keep celeriac from turning brown, immediately place cut pieces of celeriac into a bowl of water and lemon juice until ready to use. Celeriac can be eaten raw or cooked. To cook celeriac, cover with water and simmer until soft.
- To keep fresh, store in the refrigerator for up to 3 months.
- Celeriac contains fiber, which helps to keep you regular.



Celeriac Salad

Ingredients:

4 cups sliced celeriac
1/4 teaspoon salt
6 scallions or 1 onion, chopped
1 tablespoon vegetable oil
2 tablespoons vinegar
1/4 teaspoon black pepper

Directions:

1. Place the celeriac in a large pot. Cover with water. Cook over high heat until soft, about 35 minutes. Drain and rinse.
2. Put the celeriac slices in a large bowl. Sprinkle with salt.
3. Add the scallions, oil, vinegar and black pepper to the celeriac.
4. Toss to coat the celeriac with the dressing. Enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Celeriac and Potato Mash

Ingredients:

1 celeriac, cut into small cubes
2 potatoes, cut into small cubes
1 1/2 tablespoons canola oil or vegetable oil
1/2 cup low fat milk
Salt and pepper to taste

Directions:

1. Place the celeriac and potatoes in a large pot filled with water.
2. Cook over high heat until the vegetables are soft, about 35 minutes. Turn off the heat and drain.
3. In the pot, mash the vegetables until smooth with only a few small lumps.
4. Add the oil and milk and beat with a spoon until smooth.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 5 servings.

Quick Tips

- Celeriac is also known as celery root.
- Add celeriac to soups and stews or mash with potatoes.
- 1 small celeriac (about 1 pound) equals 2 cups sliced or grated celeriac.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Celeriac Salad

Recipe Name:
Celeriac and Potato Mash

Nutrition Facts			
Serving Size (136g) Servings Per Container			
Amount Per Serving			
Calories 70	Calories from Fat 25		
	% Daily Value*		
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 12g			4%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 2g			
Vitamin A 0%		Vitamin C 15%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (151g) Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 40		
	% Daily Value*		
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 18g			6%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 3g			
Vitamin A 2%		Vitamin C 25%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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