

# Celery, Radish & Herb Salad

## Ingredients

1 large bunch celery, with leaves (about 2 pounds)  
3 large or 4 medium radishes  
2 tablespoons lightly packed fresh Italian parsley leaves  
2 tablespoons lightly packed fresh mint leaves  
1 ½ tablespoons extra-virgin olive oil  
½ small lemon  
¼ teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 ounce Parmesan cheese

## Directions

Remove the 6 or 7 outermost dark green celery stalks and reserve for another use. Cut the core away from the remaining paler, leafy stalks. Slice them thinly on the bias, only coarsely chopping the leaves, and place the sliced stalks and leaves in a large bowl.

Slice the radishes thinly and add them to the bowl along with the parsley. Tear any larger mint leaves in half and add the mint to the bowl.

Drizzle with the oil, the juice of the lemon (about 1 tablespoon), salt, and pepper and toss to combine.

Shave the Parmesan cheese with a vegetable peeler into thin, wide strips. Serve the salad garnished with the Parmesan shavings.

Serving size: 1 cup salad and about 5 Parmesan shavings

Calories 90; Total Fat 7g (Sat Fat 2g, Mono Fat 4.6g, Poly Fat 0.6g); Protein 3g; Carb 4g; Fiber 2g; Cholesterol 5mg; Sodium 340mg



Source: Ellie Krieger ([elliesrealgoodfood.com](http://elliesrealgoodfood.com))