

Mediterranean Pureed Celery Root

While not particularly attractive looking root vegetable, celery root is low in carbs, high in nutrition and full of flavour!

Ingredients:

1 large celery root, about 1 lb.

1 lemon

Salt and pepper to taste

2 Tbsp butter

1/3 c. 0.5% milk

¼ c. parmesan cheese

Extra virgin olive oil

Balsamic vinegar

Peel celery root and cut into equal size pieces. Place pieces of celery root in a medium size pan and cover with water. Squeeze in the juice of ½ a fresh lemon. Bring to a boil and then reduce heat and cook until celery root is fork tender.

Drain and place cooked celery root into blender. Add salt and pepper to taste, juice of other half of lemon, 1/3 cup milk, and parmesan cheese. Puree until creamy smooth – you may have to scrap down sides of blender several times before the consistency is exactly where you want it. (For an even creamer puree, strain pureed celery root through a thin mesh sieve, pushing it through using the back of a spatula or wooden spoon). Keep warm until ready to serve.

To serve, spoon out onto plate, drizzle a little extra virgin olive oil around the pureed celery root and drizzle with a little balsamic vinegar.

