



Celery and Parmesan Salad

Adapted from [Ina Garten](#)

Total Time: 2 hr 15 min Prep: 15 min Inactive: 2 hr Yield: 4 to 6 servings Level: Easy

Ingredients

- 1/2 cup extra virgin olive oil
- 2 teaspoons grated lemon zest
- 1/4 cup plus 1 tablespoon freshly squeezed [lemon juice](#) (approx. 3 lemons)
- 2 tablespoons minced shallots
- 1 teaspoon celery seed
- 1/2 teaspoon celery salt (I just used sea salt)
- 1/2 teaspoon anchovy paste (I, Amy, left this out)
- Kosher salt and freshly ground black pepper
- 5 cups thinly sliced celery hearts, tender leaves included, sliced on an angle (about 12 stalks)
- 4 -ounce chunk aged [Parmesan cheese](#) (When out, I use powdered Parm.chz)
- 2/3 cup toasted walnuts, coarsely chopped
- Whole [flat-leaf parsley leaves](#) (I have used curled leaf and it was just fine)

Directions

At least 1 hour before you plan to serve the salad, whisk together the olive oil, lemon zest, 1/4 cup of lemon juice, the shallots, [celery seed](#), [celery salt](#), [anchovy paste](#), 2 teaspoons salt, and 1 teaspoon pepper. Place the celery in a mixing bowl and toss it with the remaining 1 tablespoon of lemon juice and 1/2 teaspoon of salt. (Even though these ingredients are in the dressing, believe me-this step makes a difference.) Add enough dressing to moisten well. Cover and refrigerate for at least an hour to allow the celery to crisp and the flavors to develop.

When ready to serve, arrange the celery on a platter, shave the Parmesan onto the celery with a [vegetable peeler](#), then sprinkle with walnuts, parsley leaves, salt, and pepper and serve immediately.

The Balanced Body Center

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