



Winter White Salad

A fresh, crisp salad featuring winter's snowy-white root vegetables. This salad would be great served as a light lunch, snack or side dish; and the delicate flavours would perfectly compliment your favourite fish recipe.

Prep: 15 minutes • Total: 15 minutes

Ingredients:

Celery root (grated)	8 oz	1 cup
Fennel (grated)	8 oz	1 cup
Crimini mushrooms	3 oz	3/8 cup
Celery finely sliced	4 oz	½ cup
Belgian endive	2 oz	¼ cup
Frisee lettuce	2 oz	¼ cup
Dressing		
Olive oil	2 oz	¼ cup
Lemon juice	1 oz	2 Tbsp
Truffle oil or hazelnut oil	1 oz	2 Tbsp
Shaved parmesan cheese	As desired	As desired

Directions:

1. Mix together the ingredients in a bowl
2. Toss with the dressing ingredients and plate.
3. Top with the shaved parmesan or crumble goat cheese for a different taste.

Nutrition Facts

Serving Size (221g)

Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat** 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 25%

Calcium 8% • Iron 6%

*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

Adapted from: The London Training Centre

Makes 4 servings (221g / serving) • 1 serving = ¾ cup

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