

Health Benefits of Celeriac



Celeriac, also called celery root or knob celery, is a starchy, winter root vegetable in the same family as parsnips and carrots. Its texture is similar to a potato that is peeled to reveal a smooth, white interior but with a taste like celery.

Celeriac is popular in Eastern and Northern European regions and commonly used in salads, soups, casseroles and stews since it can be consumed raw or cooked. Celeriac remoulade is a popular French dish, similar to coleslaw.

WHAT MAKES CELERIANIC GREAT?

Nutrition

1 cup raw celeriac has 66 Calories, 2 gm protein, 3 gm fiber, no fat and no cholesterol.

Minerals

Celeriac's greatest health benefits are its minerals vitamin K, phosphorus, manganese, and calcium, all of which support bone health. Manganese and vitamin K also play a role in blood clotting. Calcium helps with muscle contraction, even the heart muscle.

Potassium in celeriac helps maintain healthy blood pressure and blood volume.

Vitamins

Vitamin C in celeriac helps to reduce free radicals that can cause damage to tissues, aging and disease. Vitamin C also plays a role in controlling blood pressure. Vitamin B6 in celeriac is important for cognitive development, protein metabolism, formation of hemoglobin and for maintaining normal levels of homocysteine. High homocysteine is associated with meat intake and high levels can damage the lining of arteries and increase risk for heart disease, stroke and dementia.

Phytonutrients

Celeriac contains natural nitrates, which are the building blocks for producing nitric oxide. Nitric oxide, or NO, plays an important role in cardiovascular health, reducing blood pressure, maintaining artery flexibility and improving circulation. These benefits are enhanced with vitamin C intake, also found naturally in celeriac.

Dehydrated celery root has been found to contain high polyphenol antioxidants, which are associated with preventing LDL cholesterol oxidation and plaque formation.

Fiber

The fiber in celeriac helps to lower the glycemic index, making it a good replacement for white potatoes. Fiber is associated with improved gut health, appetite and weight control, blood sugar modulation and reduced risk of multiple chronic diseases.

Celeriac is low in fermentable oligo, di, mono and poly saccharides (FODMAPS) and is recommended for those with bowel diseases like irritable bowel syndrome (IBS).

BUYING & USING CELERIANIC

Do not be put off by celeriac's shape or color. It is a delicious addition to any meal.



Celeriac is generally available in the winter, but you may find it year-round in larger stores. For the freshest celeriac, pick heavier bulbs 3-4" in diameter, with no soft spots and few rootlets.

Avoid washing or peeling celery root until you are ready to use it, but do separate the stalks from the root before storing. For optimal shelf life, store celeriac inside the vegetable compartment of your fridge. It will keep for up to three weeks.

To prepare celeriac for cooking, wash and scrub to remove any dirt before cutting off the top and base. Using a



Oregon State
University

stephanie.polizzi@oregonstate.edu
541-572-5263 ext 25291
[https://extension.oregonstate.edu/coos/
healthy-families-communities](https://extension.oregonstate.edu/coos/healthy-families-communities)

vegetable peeler, remove the skin and chop or slice as needed. Because celeriac discolors quickly, soak the cut vegetable pieces in cold water and a few lemon slices or a splash of white-wine vinegar.

One pound of peeled, chopped celeriac equals roughly 2 cups. Although celeriac and celery have a similar flavor, their textures are different and they are not generally substituted for one another. Once cooked, you can store in the refrigerator a few days or in the freezer a few months.

Celeriac can be grated raw into salads, tossed in hummus or made into remoulade (see recipe right). Steam, boil, roast, fry or sauté and add to your favorite dish. Grill slices and serve as a side dish (see recipe link lower right). Mash like potatoes or cut into fries and bake or air-fry. Try blending cooked celeriac and using as thickener in soups or casseroles.

Give this nutritious root vegetable a second look next time you're grocery shopping. You'll be glad you tried it.

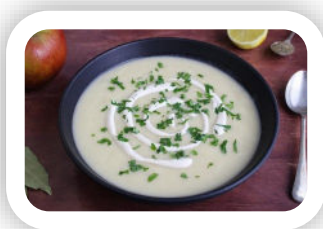
Celeriac Soup

thepeskyvegan.com

Ingredients:

- 1 celeriac, peeled, cubed
- 1 Tbsp olive oil
- 2 medium onions, chopped
- 2 large apples, cored, diced
- 1 medium potato, diced
- 5 cups vegetable stock
- 1 tsp dried thyme
- 2 bay leaves

- 3 Tbsp nutritional yeast
- 3/4 cup plant-based milk
- 1 lemon, zested, juiced
- Parsley for garnish



Instructions:

1. Heat oil in large pan on medium heat. Add onions and cook until soft, 5-6 minutes.
2. Add celeriac, apple and potato and cook several minutes.
3. Add vegetable stock, thyme, bay leaves and nutritional yeast. Gently simmer 20 minutes.
4. After 20 minutes, stir in lemon zest and plant based milk. Begin with half the zest and add more depending on your preference. Cook another 5 minutes or until celeriac is tender.
5. Turn off heat and remove bay leaves. Use a hand blender to blend or transfer to blender.
6. Serve with a squeeze of lemon juice and fresh parsley.

French Celeriac Remoulade

Adapted from Chezlerevefrancais.com

Ingredients:

- 1½ -2 cups celeriac
- 1½ -2 cups carrots
- 6 Tbsp mayonnaise
- 6 Tbsp fat free yogurt
- 2 Tbsp wholegrain mustard
- 2 Tsp lemon juice
- 2 Tbsp Cilantro
- Salt and pepper to taste
- Celery or cilantro leaves to garnish

Instructions:

1. Scrub celeriac and carrots, peel and grate in medium bowl. Add lemon juice and mix well.
2. Add remaining ingredients and stir to coat well.
3. Garnish as desired.

More Great Celeriac Recipes

Celeriac Steaks

Thehappyfoodie.co.uk



Celeriac Pastrami

Schoolnightvegan.com



Spicy Celeriac Tacos



Teriyaki Celeriac Bowl



2 recipes, 1 great video:

<https://www.youtube.com/watch?v=UXRlZqZ53k0>

- REFERENCES**
- [https://ods.od.nih.gov/fact sheets](https://ods.od.nih.gov/fact%20sheets)
 - <https://academic.oup.com/ajcn/article/90/1/1/4596750>
 - <https://pubmed.ncbi.nlm.nih.gov/25976309/>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9266203/>

Citrus Roasted Celeriac

tastysimplyvegan.com

