

Celery Salad

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Vegetables:

2 large or 3 small diced green bell peppers

2 English or 3 traditional slicing cucumbers (If using slicing cucumbers you may want to remove some seeds to avoid salad getting too wet)

1/2 small red onion finely chopped

1/2 shallot finely chopped

1 cup green olives (your preferred type) pitted and halved (easiest to buy pitted olives) drained and rinsed to remove excess brine.

5 large celery stalks diced

3/4 cup radish finely chopped (I used purple daikon – use any type you like)

Fresh Herbs (all minced finely and mixed together):

1/2 cup celery leaves also called cutting celery

1 cup flat leaf parsley

1/4 cup cilantro

1/2 cup scallions/green onions

1/4 cup chives

Dressing:

1/3 cup extra virgin olive oil

4 tbsp prosecco/white balsamic/white wine vinegar (or my preference of 2 tbsp vinegar and 2 tbsp lemon juice)

1 tbsp Dijon mustard

1 tsp cumin

1 tsp oregano (or I used Shabazi seasoning from LaBoite NY which is available online)

2 tsp sugar or other natural sweetener of your preference. Do not use an artificial sweetener or the flavor will be too pronounced.

4 tbsp capers (drained and rinsed to remove excess brine)

Preparation:

1. Prep the vegetables /herbs and set aside - keep the onions and shallot separated from the veggies - keep the herb mix separated from the veggies
2. Prepare the dressing (mix all items in list together in separate container)
3. Mix together the dressing/onions/shallot/capers – softens the onion flavor
4. Take a few moments to let the dressing sit – good time to straighten up

5. Combine all the ingredients except the dressing mixture into a large mixing bowl (Save a couple of tbsp of the herb mix for presentation)
6. Pour in dressing and mix well
7. Transfer to serving dish

Note: if there is an ingredient you don't eat leave it out!!!

If you would like to add protein to this a can of drained chickpeas is very good.