

# Parmesan Celery Salad

Yield: 5 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/celery-leaves-recipe-japanese>

## Ingredients:

- 8 celery stalks large, stripped of strings
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice freshly squeezed
- 4 tablespoons freshly grated Parmesan plus more for topping
- 1 1/2 cups cannellini beans / 285 cooked, heated
- 3 tablespoons currants or golden raisins
- 1/2 cup sliced almonds deeply toasted
- sea salt
- celery salt
- celery leaves
- herbs

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 20 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 280 milligrams
9. Sugar: 5 grams

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