

HARVEST OF THE MONTH:

Celery



HELPING YOUR FAMILY BE HEALTHY

- Celery is high in nutrients and low in calories.
- Celery is an excellent source vitamin K, which helps heal cuts and supports the immune system!
- Celery is a good source of folate for healthy blood.
- Celery is a good source of vitamin A for healthy eyes.
- Celery is also known to promote relaxation and sleep and act as a digestive aid.

PRODUCE TIPS

- Choose celery that is crisp and snaps easily when pulled apart.
- Celery should be relatively compact and not have stalks that are falling out from the bundle.
- The leaves should be pale to bright green in color and without yellow or brown patches.
- To store celery, place it in a sealed container or plastic bag and store it in the refrigerator.

SERVING SUGGESTIONS FOR CELERY

- Eat cool, crisp celery sticks for a crunchy snack!
- Add sliced celery to salads for extra texture.
- Make celery and carrot strips and dip them in your favorite humus, guacamole, salsa or low-fat dip.
- Dice up celery and add to soups, stews, or sprinkle on top of chili for an extra healthy crunch!
- Add celery to pot pies or stir fry with other veggies for a yummy side.
- Use a vegetable peeler to make celery curls for a fun snack or to decorate main dishes.
- Eat a rainbow of colors every day! If celery is your green food, what fruits or vegetables could you eat for the rest of your rainbow today?

Nutrition Facts			
Serving Size 2 medium stalks (110g)			
Amount Per Serving			
Calories 20		Calories from Fat 0	
		%Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 100mg		4%	
Total Carbohydrate 5g		2%	
Dietary Fiber 2g		8%	
Sugars 0g			
Protein 1g			
Vitamin A 2%		Vitamin C 15%	
Calcium 4%		Iron 2%	
*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
Sat 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			

Celery Recipes

CELERY SALAD

INGREDIENTS

- 1 bunch (12-15 stalks) celery, plus leaves
- 1 cup sliced or slivered almonds
- 1/4 cup olive oil
- 2 teaspoons lemon juice
- 1/4 cup roughly chopped parsley
- Salt and pepper

DIRECTIONS

Chop the celery stalks and leaves into bite-sized pieces. Mix together with almonds. Whisk olive oil, lemon juice, parsley, and a pinch of salt and pepper together in a small bowl. Drizzle dressing on top of celery and almonds and stir well.

VEGGIE TORTILLA ROLL-UPS

INGREDIENTS

- 4 whole wheat tortillas (7-inch)
- 8 T (½ C.) nonfat cream cheese
- 2 C. shredded romaine lettuce
- 1 C. chopped tomato
- ½ C. chopped bell pepper (any color)
- ½ C. chopped celery
- ¼ C. diced canned green chilies
- ¼ C. sliced ripe olives, drained

DIRECTIONS

Spread each tortilla with 2 tablespoons of cream cheese. Top with equal amounts of vegetables. Roll up tightly to enclose filling and serve.

CELERY & PASTA

INGREDIENTS

- 1 bunch celery, cut into 1-inch pieces
- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 14-ounce can chopped tomatoes
- 3 tablespoons chopped flat-leaf parsley
- Salt and freshly ground pepper to taste
- 2 cups whole wheat pasta, cooked

DIRECTIONS

Cook pasta according to directions on box and set aside. Steam celery in steamer until tender (5 minutes) and set aside. Heat the oil and garlic in a skillet, stirring for about 30 seconds. Then add the tomatoes, parsley and salt and pepper. Combine and then stir in the celery. Cook until the tomatoes have cooked down (10 minutes.)

CELERY SOUP

INGREDIENTS

- 1 large onion
- 6-7 stalks of celery, chopped
- 3 medium potatoes, diced
- 4 cups vegetable stock
- 1 tbsp curry powder (optional)
- Salt and pepper to taste

DIRECTIONS

In a tsp. of oil/butter, saute the onion and curry powder. Add celery and potatoes and saute some more for about 5 minutes with little salt. Add the stock. Cover and cook until the vegetables are soft - about 10-15min. Puree the vegetables smoothly in a blender. Pour it back into the saucepan, add additional herbs, if using, and pepper to taste.

