

Celery

Key Points

- For the best buy, choose celery with many leaves and straight stalks.
- To prepare celery, wash and then trim off the base of the stalk.
- To keep fresh, refrigerate celery in a plastic bag for up to 3 days.
- Celery contains fiber which helps keep you regular.



Cream of Celery Soup

Ingredients:

4 stalks celery, chopped
1 onion, chopped
1 1/2 cups cooked spinach
2 cups low sodium chicken broth
2 cups low fat milk
Salt and black pepper to taste
1/4 cup low fat sour cream
(optional)

Directions:

1. In a large saucepan, add celery, onion, spinach and chicken broth.
2. Cook on medium high heat and bring to a boil.
3. Reduce heat to low and add milk. Let cook for 10 minutes or until vegetables are tender.
4. Add salt and pepper to taste.
5. Serve soup and add spoonful of sour cream to each bowl.
Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Celery and Apple Salad

Ingredients:

3 celery stalks, chopped
3 apples, cored and chopped
2 tablespoons chopped walnuts
2 tablespoons low fat mayonnaise
2 tablespoons low fat plain yogurt
3 tablespoons apple juice
Salt and black pepper to taste

Directions:

1. In large bowl, combine celery, apples and walnuts. Mix together.
2. In a small bowl, mix mayonnaise, yogurt and apple juice.
3. Pour dressing over apple mixture. Mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Add chopped celery to a soup, stew or stir fry.
- Cut up into sticks and dip in salad dressing.
- Add chopped celery to tossed salads and tuna salads.
- Remember to rinse all fruits and vegetables before using.

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The Nutrition Facts Label—What does it tell us?

Recipe name: Cream of Celery Soup

Nutrition Facts

Serving Size: 1/4 of recipe (384g)

Servings Per Recipe: 4

Amount/Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 230mg **10%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **11%**

Sugars 10g

Protein 11g

Vitamin A 150% Vitamin C 30%

Calcium 30% Iron 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Celery and Apple Salad

Nutrition Facts

Serving Size: 1/4 of recipe (100g)

Servings Per Recipe: 4

Amount/Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein less than 1g

Vitamin A 2% Vitamin C 6%
Calcium 2% Iron 2%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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3. Limit these:

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4. Get enough of these:

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- Vitamin A
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