

CELERY

Types

Celeriac: Has a fleshy root.

Stalk: Developed for leafy stems. Celery seeds can also be used, but have a slightly bitter taste and a more concentrated flavor.

Selection Info

Look for celery stalks that are pale to bright green and crisp when you pull apart the stalks. Avoid celery with wilted leaves or that has black or brown spots.

Preparation

When ready to use celery, cut off the bottom or base then wash under cool stream of running

water. Cut as desired for use.

Celery leaves can also be used and contain many of vitamins and nutrients.

Storage

Short-Term Storage: Celery can be stored unwashed in a plastic bag in refrigerator drawer for up to five days.

Long-Term Storage: Celery can be dried and frozen.

Pairings

apple, carrot, mushroom, scallion, tomato, raisin, dill, basil, cumin, parsley, yogurt, cheese, almond, lentils, chicken, rice, seafood, egg



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GRAPE AND CASHEW SALAD SANDWICH

Ingredients

- 3/4 cup dry roasted cashews (unsalted, coarsely chopped)
- 1 cup low-fat cottage cheese
- 1 1/2 cups red grapes (quartered)
- 1 celery stalk (chopped)
- ground black pepper (to taste)
- 2 tablespoons fresh parsley (chopped)
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread (optional).
3. Spread 1/4 of the salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich, and top with second bread slice, refrigerate up to 5 days.



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Share your recipes!

Nutrition Information

Serving Size 1/4 of recipe

Nutrients	Amount	% Daily Value
Total Calories	380	
Protein	19g	
Carbohydrates	45g	25
Dietary Fiber	6g	15
Total Fat	16g	25
Saturated Fat	3.5g	18
Sodium	430mg	

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