

CRUNCH-CRAVING

celery



All parts of celery, including the stalk, leaves and seeds are edible! Adding more fruits and vegetables to your diet can help prevent coronary heart disease.

DID YOU KNOW?



- Celery is related to carrots, fennel and parsley.
- Garlands made of celery leaves were found in the tomb of a pharaoh who died in 1323 BC.
- The ancient Greeks used celery to make wine, which was served as an award at athletic games.
- Celery can be diced and tossed into soups, salads and stir-fry recipes to add a satisfying crunch to any meal!

SHOPPING, PREPARING AND STORING



- Always buy celery with the leaves attached. This is a good indication of freshness.
- Make sure to take a good look at the outer stalks for signs of browning or limpness. You should not be able to bend a stalk without it snapping.
- Store celery in the crisper section of the refrigerator in a plastic bag for up to one week.



COOKING TIPS

- Filling celery with peanut or almond butter is a great protein-rich snack.
- Celery flavors well with lettuce, egg salad, soups, stocks, dill, rosemary and sage.

BEEF & CELERY STIR-FRY

serves 5



- 1 tablespoon peanut oil
- 1 pound beef round steak, sliced diagonally into 3" pieces
- 1 tablespoon butter
- 2 teaspoons reduced-sodium soy sauce
- 1/2 cup low-sodium beef stock
- 3/4 cup onion, diced
- 3/4 cup celery, diced
- 1/4 pound mushrooms, chopped
- 1/4 pound fresh spinach, rinsed

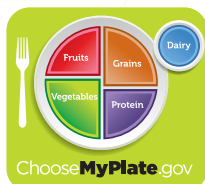
1. Heat oil in a wok or large heavy skillet over medium-high heat.
2. Add beef, and cook until evenly brown. Stir in butter, soy sauce and beef stock.
3. Push meat to the side, and toss in onion, celery and mushrooms.
4. Cook, stirring, for about 4 more minutes.
5. Add spinach, and cook for 2 more minutes.

Recipe adapted from WIC, Florida Department of Health

Calories: 263; Total Fat: 12 g; Saturated Fat: 4.5 g; Total Carbohydrates: 4 g; Protein: 33 g; Sodium: 220 mg

WELLNESS TIP

Adults should aim for at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous aerobic physical activity, or an equal combination of both types of activity.



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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