

Pick a **better snack**[™] – THE COLOR WAY

CELERY

Clean. Cut. Eat. How easy is that?



Celery's high water content makes it a great low calorie snack. A bunch of celery is actually a single stalk consisting of separate ribs. The most tender, inner ribs are called the hearts. There are a few more nutrients in the darker green ribs, but they can be stringy. Celery is a versatile vegetable. Aside from being a great snack or appetizer, celery can be microwaved, stir-fried, braised or steamed to serve as a main vegetable, or combined with other vegetables.

ZIPPY VEGETABLE DIP

8 oz. cream cheese (reduced or non fat) softened

1 cup salsa

2 Tablespoons dry ranch salad dressing mix

Combine ingredients; chill. Serve with fresh celery and other fresh vegetables.

BRAISED CELERY WITH HERBS (YIELDS 6 SERVINGS)

1 small bunch celery, to yield at least 4 ½ cups sliced

2 ½ cups low-sodium canned chicken broth

½ cup chopped onion

1 tablespoon chopped parsley

2 teaspoons dried leaf thyme, crushed

1 teaspoon dried rosemary, crushed

¼ teaspoon ground pepper

¼ teaspoon salt

2 teaspoons butter, for garnish

2 teaspoons chopped herbs, for garnish

Cut celery stalks into diagonal slices about ¼ inch wide. In large saucepan, bring chicken broth to full boil over high heat, adding chopped onion with herbs and seasoning. Add sliced celery and return broth to simmer. Reduce heat and cook for 4-5 minutes, or until barely tender. Do not allow to lose full crispness. Drain immediately and place in serving bowl. Toss with butter and addition herbs. Serve hot.

Recipe source: Produce for Better Health, 5 A Day the Color Way Plan

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- Vision health
- Strong bones and teeth
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.