**Celery**

1 medium stalk = 4 to 5 cups raw
or 3-4 cups cooked

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**Why Should I Eat Celery?**

- Fiber—helps keep you regular and feeling full longer.
- Very low in calories—helps with weight control.
- Lots of Vitamin A—good for eyes, skin, and immune system.
- Great flavor, perks up other flavors.

**How Do I Know I Have Good Ones?**

- Look for crisp, smooth, and tough stalks that can be snapped easily.
- If it has leaves, they should be fresh looking and green, not limp, yellow, or brown.
- Choose stalks that are light to medium green with a glossy surface.
- Avoid cracked, bruised, or loosened stalks.

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**How Should I Handle Them At Home?**

- If you can, don’t separate the stalks until you are ready to use them.
- Place stalks in covered containers or plastic bags and put them in the refrigerator.
- Wash the whole stalk and get as much dirt off as possible before you eat them.
- Raw celery can be kept in the refrigerator for about 2 weeks. Cooked can be stored there for up to 4-5 days.

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Ants on a Log
Serves 4 people
• 12 celery stalks - cleaned and cut in half
• Peanut butter (soy or almond butter)
• 16 raisins

1. Take each celery stick and spread peanut butter on top of it, so it gets into the gap of the stick.
2. Place 4 raisins on top of the peanut butter.

*Use cream cheese instead of peanut butter, and craisins instead of raisins for a holiday-colored snack.

This is a great snack your children can make for themselves or help you make!

Crunchy Apple Salad
Serves 4 people
• 4 large red (or green) apples - diced
• 1 cup celery - chopped
• 1 cup raisins
• 1 cup walnuts - chopped
• 1/2 cup low-fat mayonnaise

Use peanuts or pecans if you don’t have walnuts.

1. In a large bowl, combine the apples, celery, raisins and nuts.
2. Blend in mayonnaise.
3. Cover and refrigerate, until serving.

Adapted from: Allrecipes.com

Cream of Celery Soup
Serves 6 people
• 2 1/2 cups chicken stock
• 4 stalks celery - chopped
• 1 medium carrot - cut into sticks
• 1 small onion - chopped
• 3 Tbsp all-purpose flour
• 1/8 tsp salt
• 1/8 tsp ground pepper
• 2 1/2 cups hot milk
• 3 Tbsp margarine or butter

1. Pour the chicken stock into a large pot, and bring to a boil.
2. Add the celery, carrots and onion to the pot.
3. Boil 30 minutes or until vegetables are tender.
4. Strain out vegetables. Mash or puree in food processor. Put back in broth.
5. Whisk together the flour, salt, pepper, and milk until smooth.
6. Stir into the pot along with the margarine or butter.
7. Reheat to simmer but don’t boil.
8. Serve.