

CELERY

Celery is a relative of parsley and carrots (its leaves have a similar shape). It is often used in soups and salads, but it has a mild flavor that can be incorporated into many different kinds of dishes.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- STIR-FRY
- SOUP STOCK

RECIPE IDEAS

- RAW IN TUNA OR CHICKEN SALAD
- RAW WITH DIP
- RAW IN SALAD

STORAGE

- Store wrapped in paper towel and in a sealed bag to keep crisp.
- If it has begun to wilt slightly, sprinkle with water and place in the fridge - the stalks will regain some of their crispness.

NUTRITION

- Good source of Vitamin K
- Low in calories

TIPS

- You can replant the bottom of celery to grow more, indoors or outdoors. First, stand the base of the celery in a small dish of water. When small yellow-green leaves form, you can plant it in the ground or in a pot with soil.



SPICY CELERY STIR-FRY

- **2 tbsp** oil (olive or vegetable)
- **1/8 tsp** chili flakes
- **4 c** celery cut into thin pieces (like french fries), save celery leaves
- **2 tbsp** low-sodium soy sauce
- **1/8 tsp** sesame oil (optional)

HEAT THE OIL AND CHILI FLAKES IN A WOK OR FRYING PAN OVER HIGH HEAT FOR 90 SECONDS, OR UNTIL THE CHILI BECOMES FRAGRANT AND THE SEEDS SIZZLE. ADD THE CELERY AND COOK, STIRRING OFTEN, FOR 3 MINUTES. ADD THE SOY SAUCE AND STIR-FRY ONE MORE MINUTE. DRIZZLE WITH DARK SESAME OIL IF USING. SERVE HOT OVER RICE OR NOODLES. GARNISH WITH CELERY LEAVES.

(ADAPTED FROM WWW.SIMPLERECIPES.COM)