

Celery



Celery is in the same family as carrots and parsley, but the stalk is the main part that is eaten. Celery leaves have a slightly peppery bite, and celery seeds are a common dried spice. Often used in the base for soups, sauces, and stews, celery has a mild but distinct flavor that is delicious raw or cooked. Fibrous and mostly water, celery is both healthy and filling.

Cooking

Use raw in salads or with dip, hummus, or peanut butter. Slice and add to stir-fry, stews, soups, or sautés. Mince and add to tuna, egg, or potato salad. Finely chop the leaves and use in place of parsley for a peppery seasoning, and save the base and scraps for stock or broth.



Storage

Store celery wrapped in a damp paper towel in a plastic bag in the fridge. Wilted stalks can be trimmed and set upright in cold water, like cut flowers, and will quickly perk up again. Although it will lose its crisp texture, you can pre-cut and pack in an airtight container and freeze up to 6 months.

Celery Peanut Sauté

Serves: 4 Total Time: 15 minutes

Ingredients:

- 1 tbsp oil (peanut or vegetable)
- 6-8 celery stalks, cut in thick ($\frac{1}{2}$ inch) slices
- 3 tbsp peanut butter
- 1 tbsp soy sauce
- 2 tbsp lime juice (or lemon)
- 1 tbsp rice vinegar (or white vinegar)
- 1 tsp sugar (or other sweetener)
- $\frac{1}{4}$ tsp red pepper flakes (optional)
- $\frac{1}{4}$ cup roasted peanuts, crushed (optional)

Directions:

1. Add oil to a large skillet over medium-high heat. Heat until oil is shimmering (not smoking), then add celery and stir. Cook 5-6 minutes, stirring often, until celery starts to soften.
2. In a small bowl, whisk together peanut butter, soy sauce, lime juice, vinegar, sugar, and pepper flakes. Add mixture to skillet, stir well, and continue to cook until sauce thickens and celery is tender, 3-4 minutes.
3. Remove from heat and serve immediately, topped with peanuts.
4. Leftovers can be refrigerated in an airtight container up to 5 days.

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Quick Tips

- Serve over rice with chicken or fish for a satisfying meal.
- Add carrots, onion, summer squash, cauliflower, or any other veggies to the mix for extra flavor & color.
- Turn up the heat with some fresh sliced jalapeño, or omit red pepper flakes for no heat at all.