



Celery, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw celery counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Celery is an important source of many nutrients, including vitamin C. Vitamin C helps to boost the immune system.

Uses and Tips

- Celery sticks make a cool, crisp, refreshing snack. Serve with hummus or low-fat salad dressing for a quick and healthy snack.
- Keep a bowl of sliced celery in the fridge for an easy snack anytime of the day.
- Combined celery with onions and carrots to make a base for many soups, stews, casseroles and other savory dishes.
- Diced celery is an excellent crunchy addition to tuna, chicken, shrimp, or egg salad.

Storing Foods at Home

- Do not wash celery until ready to eat.
- Celery should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Grandma's Stuffing

Makes 8 servings

Ingredients:

- 10 cups whole wheat bread cubes, dry
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg (lightly beaten)
- 2 apples (optional - medium, pared, cored and chopped)
- 1/4 cup raisins (optional)

Recipe adapted from SNAP Recipes, MyPlate Kitchen.

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if using.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Yummy Chicken Lettuce Wraps

Makes 6 servings

Ingredients:

- 1 pound ground chicken
- 1/2 onion, chopped
- Salt and black pepper, to taste
- 2 garlic cloves minced, OR 1 teaspoon garlic powder
- 1 inch piece of ginger peeled and minced, OR 1/2 teaspoon ginger powder
- 1 cup celery, chopped
- 1 carrot, grated
- 1/4 cup sesame salad dressing or teriyaki sauce
- 1 teaspoon red chili powder or chili flakes (optional)
- 12 large lettuce leaves, rinsed and patted dry
- 1/4 cup chopped peanuts (optional)

Recipe adapted from EatFresh.org

Directions: Wash hands with soap and water.

1. Cook ground chicken and onion in a skillet until the chicken is fully cooked.
2. Stir in garlic, ginger, and celery and cook 2-3 more minutes.
3. Add carrots, dressing or teriyaki sauce, and chili flakes, if using. Cook for 2 more minutes.
4. Roll about 1/2 cup filling in each lettuce leaf like a taco.
5. Sprinkle with crushed peanuts, if desired.