

Fruit & Vege Co-op



Celery

STORAGE	PREPARATION
<ul style="list-style-type: none"> - In a plastic bag in the fridge. - Tip: revive limp celery by slice off both the bottom ends and stand celery in a jug of cold water for 30 minutes. 	<ul style="list-style-type: none"> - Chop 10cms off the base. Trim celery leaves and smaller stalks off (reserve the leaves for flavouring stocks or soups). - Cut celery stems into 1-2cm slices.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"> - Spread raw celery stems thinly with peanut butter or cottage cheese for a tasty snack. - Stir fry celery slices with 1 Tbsp oil and crushed garlic until crisp and tender, about 5 minutes. 	<ul style="list-style-type: none"> - Add chopped stems and leaves to stews, soups, casseroles or salads. - Chop celery stems finely and add to mince dishes. - Use stems as a vegetable stick with hummus and other low fat dips, particularly delicious with peanut butter. - Use celery stems in children's school lunchboxes.
COOKING	
Stir fry celery stems with a little water for 2-4 minutes, until tender but still slightly crunchy.	
RECIPE: Bean and Sausage Medley (Serves 8-10) <i>Adapted from: Kai Lelei Recipes for Large Families</i>	
<div> <div> 1 Tbsp canola oil 3 onions, peeled and sliced 4 stalks celery, sliced 3 carrots scrubbed and sliced 6 cooked sausages, sliced black pepper to taste 3 x 300g cans baked beans Quarter of a cabbage sliced finely </div> <div> <p>Fact: Celery is high in Vitamin K. This helps clot your blood when you cut yourself.</p> </div> </div> <p>Tip: cut the carrots celery and sausages all roughly the same size, this will keep the cooking time of all ingredients similar.</p> <ol style="list-style-type: none"> 1. In a large pan heat the oil, add onions and celery and cook stirring until the onion is slightly brown and the carrots and celery have started to soften (5-10 minutes). 2. Add sliced sausages and cook for 2 minutes. 3. Add pepper and beans and cook for 5 – 10 minutes stirring frequently. 4. Add the sliced cabbage on top of the sausages and veges, turn down the heat and put a lid on and cook for a further 5 minutes until the cabbage just softened but still bright green. <p>Variations</p> <ul style="list-style-type: none"> - Serve with rice or crisp toast. - Fry some bacon chopped to small pieces and add a teaspoon of smoked paprika for a bit of extra flavour. - Serve with a green salad to boost your vege intake. - Add some grilled capsicums for extra sweetness. 	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op