

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 slicing off both ends and submerging in a bowl of ice water for 30 minutes.	<ul style="list-style-type: none">- Chop 10cm off the base. Trim celery leaves and smaller stalks off (reserve the leaves).- 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.- 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: Celery, Carrot and Ham Bake (Serves 4) <i>Source: Vegetables.co.nz</i>	
200g diced ham 2 grated carrots 3 stalks of celery sliced 100ml vegetable stock (or water saved from boiling vegetables the day before, or one dried stock cube mixed with 100ml water) Pepper (to taste) ½ C grated cheese ½ C bread crumbs	
<i>Tip: slice celery finely so that it will cook in the same time as the grated carrot.</i>	
<ol style="list-style-type: none">1. Preheat oven to 180 degrees.2. Spread half of the diced ham across the bottom of a baking dish.3. Cover with the grated carrots and the sliced celery.4. Top with the remaining ham.5. Mix the stock and pepper and pour over the vegetables and ham.6. Mix the breadcrumbs with the grated cheese and sprinkle across the top of the dish and back for 30 minutes until the cheese is golden and the vegetables have softened.	

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