

# CELERY



## HOW DOES IT TASTE?

Celery has a very crunchy texture and a slightly sweet and earthy taste.

## HOW DO I PICK IT?

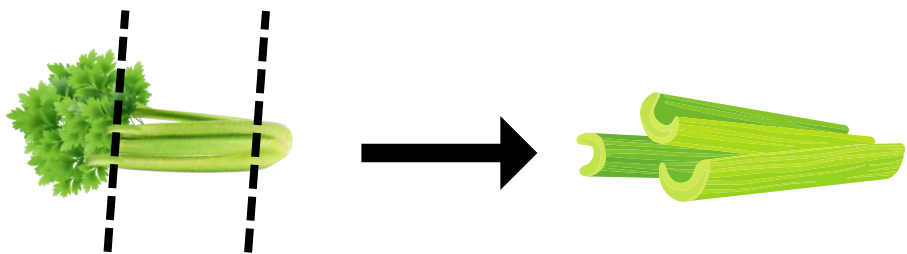
Find straight celery stalks that are firm and not wilted. Look for a green color, with no browning or spotting. Celery is best in season from late summer to early fall but is available year-round.

## HOW DO I STORE IT?

Cut off the leaves and pry the stalks apart, then store in a plastic bag in the refrigerator for up to 2 weeks.

## HOW DO I PREPARE IT?

1. Cut off the base and the leaves on top. Leaves can be saved to put in soup or can be discarded.
2. Rinse celery stalks to remove dirt.
3. Slice or chop according to your recipe.



Cut the stalk into pieces and eat it **raw**, or **boil** celery in a **soup or stock**.

## THREE BEAN SALAD

### Ingredients

- 1 (14.5 ounce) can cut green beans
- 1 (15.5 ounce) can kidney beans
- 1 (15.5 ounce) can garbanzo beans
- 2 stalks celery, diced
- ¼ cup apple cider vinegar
- ¼ cup canola or olive oil
- ⅛ teaspoon black pepper

### Directions

1. Drain and rinse cans of beans.
2. In a medium bowl, combine green beans, kidney beans, garbanzo beans, and celery.
3. In a small bowl, mix together vinegar, oil, and pepper. Pour the vinegar mixture over beans and toss to mix.
4. Cover and refrigerate for at least 2 hours. Gently toss before serving.

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## KITCHEN TIP!

To help your celery stay crisp for longer, place the stalks in an airtight container filled with enough water to cover the stalks.