

Celery



Available

All year round.

Buy

Bunches with firm tight packed stems and fresh leaves.

Store

In the vegetable bin in the fridge.

Prepare



Slice off the root end.



Wash to remove any soil.



Cut lengthwise into sticks.



Slice crosswise into half-moons.

Tip To revive limp celery stand the base ends in water.

Cook

Can be:



Snacks



Soup



Salad



Stir-fried



Celery and apple salad (serves 4)

Ingredients

1 apple, sliced thinly
4 stalks celery, sliced
½ cup parsley, chopped roughly
½ red onion, peeled, sliced
2 tablespoons oil
2 tablespoons lemon juice

Method



1 In a bowl add the apple, celery, parsley and red onion.



2 Mix well to thoroughly combine.



3 Add the oil and lemon juice, mix well.



4 Served with chicken drums and corn or serve with cooked pasta and canned tuna.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes