



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Celery

Did you know?

Celery is available all year round!

One serving of celery is only 20 calories and contains 15% of our daily Vitamin C requirement.

Celery is also a good source of potassium.

## Fun Fact!

Celery was first used as medicine by the Greeks and Romans.

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for fresh, crisp stalks with a solid, rigid feel.
- Celery should have a glossy surface with light or medium green stalks.
- Wash celery well before use.
- Avoid celery with flabby upper branches or leaf stems, hollowed or discolored centers in the branches.

## Blue Cheese Spread

5 ounces reduced-fat cream cheese  
3 ounces fat-free cream cheese  
1/2 cup crumbled blue cheese  
1 teaspoon instant minced onion  
Dash garlic powder  
1 large stalk celery, finely diced  
1/4 cup finely chopped pecans

In a medium bowl, combine cream cheeses, blue cheese, onion and garlic powder. Mash and stir with a fork until mixed. Stir in celery and pecans. Transfer to serving bowl. Serve at once or cover with plastic wrap and refrigerate 1-2 hours.

Preparation Time: 10 minutes  
Cook Time: 0 minutes  
Serves: 32 (2 teaspoons per serving)

Nutrition:  
Calories: 26  
Total Fat: 2 g  
Cholesterol: 5 mg  
Sodium: 59 mg  
Total Carbohydrate: 1 g  
Protein: 1 g

<http://healthyliving.tamu.edu/recipes>

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Fill the plate below with drawings of your favorite fruits and vegetables

