

# CELERY

## QUICK TIPS

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- Cut up into sticks and dip in salad dressing.
- Add chopped celery to tossed salads and tuna salads.
- Remember to rinse all fruits and vegetables before using.

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## CREAM OF CELERY SOUP (Makes 4 Servings)

### INGREDIENTS:

- 4 stalks celery, chopped
- 1 onion, chopped
- 1 1/2 cups cooked spinach
- 2 cups low sodium chicken broth
- 2 cups low fat milk
- Salt and black pepper to taste
- 1/4 cup low fat sour cream (optional)



### DIRECTIONS:

- In a large saucepan, add celery, onion, spinach and chicken broth.
- Cook on medium high heat and bring to a boil.
- Reduce heat to low and add milk.
- Let cook for 10 minutes or until vegetables are tender.
- Add salt and pepper to taste.
- Serve soup and add spoonful of sour cream to each bowl. Enjoy!
- Refrigerate leftovers.