



Celery

Why celery is a smart choice

For a low-calorie snack, these crunchy stalks pack an unexpected punch. Celery is rich in vitamin K, vitamin A, potassium, vitamin C and folate.¹ And even though it's made up of mostly water, eating celery regularly can boost your fiber intake. In just one cup of this easy-to-pack snack, you'll be getting about 1.6 grams of fiber.¹ Plus it's a real superfood. Recent studies suggest celery may help in cancer prevention. That's because this green anti-inflammatory powerhouse contains a flavonoid called luteolin which may have anti-cancer properties.¹



It's very easy to include celery into your healthy diet. Just serve it with buffalo chicken wings, dip it in hummus or cut it up and stuff it with cream cheese or peanut butter for a quick snack on the go. Enjoy!



Smart eats for better health

Red potato and celery salad²

Ingredients

1½ pounds red potatoes, organic if possible
2 stalks celery, organic if possible
¼ cup Dijon mustard
¼ cup dry white vermouth
¼ cup white wine vinegar
2 tablespoons extra-virgin olive oil
2 tsp capers
½ cup chopped fresh parsley
Chopped fresh dill to taste

Directions

1. Boil potatoes in their skins, covered, just until they can be easily pierced with a sharp knife.
2. Prepare dressing combining mustard, vermouth, vinegar, olive oil, salt and pepper to taste and shake well.
3. Drain potatoes, let cool enough to handle, then peel and cut into thick slices. Place in a large bowl.
4. Pour dressing over the potatoes while they are warm, tossing them well.
5. Add chopped onion, sliced celery, capers, finely chopped parsley and dill.
6. Chill until served.

A recipe for better health

Nutritional information — per serving; serving size 1 cup; makes 6 servings
Calories 153.7; Total fat 5.1 g; Carbohydrates 23.6 g; Fiber 2.7 g; Protein: 3.2 g

Sources

- 1 Medical News Today website: Celery: Health Benefits and Dietary Tips (accessed October 2017) medicalnewstoday.com
2 Dr. Weil website: Red potato salad (accessed October 2017): drweil.com