

Celery

Celery combines well with other aromatics to give a subtle flavor to many dishes. It's available year-round. Bunches of celery can be kept in a plastic bag in the refrigerator for up to three weeks. Rinse before using.



Buffalo Style Celery Sticks

4 ounces blue cheese
2 ounces cream cheese, low-fat or Neufchatel can be used to reduce the fat and calories
6 large celery stalks
Cayenne pepper

In a small bowl, mix 2 ounces each of blue cheese and cream cheese until smooth. With a small spoon or knife, stuff 6 large celery stalks, rinsed and dried, with cheese mixture. Crumble another 2 ounces blue cheese on top, and sprinkle lightly with cayenne pepper. Cut stalks in half, if desired. Makes 6 servings. Source: MarthaStewart.com

Celery Stir-Fry

2 tablespoons canola oil
3 small dried chile peppers, broken in half; or 1/8 teaspoon red chili flakes
4 cups julienned celery (cut into pieces about 2 inches long)
1-2 tablespoons low-sodium soy sauce
1-2 drops dark sesame oil (optional)

Heat the oils and chiles in a wok or frying pan over high heat for 90 seconds, or until the chiles become fragrant and the seeds sizzle. Add the celery and stir-fry for 3 minutes. Add the soy sauce and stir-fry one more minute. Drizzle with dark sesame oil if using. Serve hot or at room temperature. Makes 4 side dish servings. Source: [Simply Recipes](http://SimplyRecipes.com)

Apple, Grape and Celery Salad

1/4 cup coarsely chopped pecans
2 celery stalks, thinly sliced on the diagonal, plus leaves for garnish
1 Granny Smith apple, cored, halved, and thinly sliced
1 cup seedless red grapes, halved
1 tablespoon white-wine vinegar
1 tablespoon extra-virgin olive oil
Coarse salt and ground pepper

Preheat oven to 350°F degrees. Spread pecans on a rimmed baking sheet, and bake until lightly browned, 4 to 6 minutes. In a large bowl, combine celery, apple, grapes, vinegar, and oil. Season with salt and pepper, and toss to combine. Garnish with celery leaves. Makes 4 servings. Source: MarthaStewart.com

Celery-Spiked Guacamole with Chilies

4 avocados, chopped
1 celery stalk, finely chopped
2 serrano chiles, seeds removed if desired, finely chopped
2 cloves garlic finely grated
3 tablespoons fresh lime juice
¼ small red onion, chopped, divided
½ cup chopped fresh cilantro, plus leaves for serving
Kosher salt

Mash avocados, celery, chiles, garlic, lime juice, ½ of onion, and ½ cup chopped cilantro in a medium bowl to desired consistency; season with salt. Top guacamole with remaining onion and cilantro leaves. Makes 8 servings. Source: BonAppetit.com

Creamy Pasta Salad with Celery

1 pound medium pasta shells
Coarse salt and ground pepper
1 cup light mayonnaise
1/3 cup fresh lemon juice
6 celery stalks, halved lengthwise and thinly sliced crosswise, plus 1 cup celery leaves
½ medium red onion, finely chopped

Cook pasta in a large pot of boiling salted water until al dente; drain and rinse under cold water to stop cooking. Set aside. In a large bowl, whisk together mayonnaise and lemon juice. Add celery stalks and leaves, onion, and cooled pasta; season with salt and pepper. Toss to combine. Makes 8 servings. Source: MarthaStewart.com

Braised Celery

8 stalks of celery, scrubbed and ends trimmed (chop and reserve leaves)
1 tablespoon butter
Pinch of salt and freshly ground black pepper
½ cup of vegetable stock

Peel away the fibrous outer stalks of celery with a vegetable peeler or knife. Slice into 1" pieces on the bias. Heat butter in a 10-inch sauté pan over medium heat. Once melted, add the celery, salt and pepper, and cook for 5 minutes until just beginning to soften slightly. Add the beef broth and stir to combine. Cover and reduce the heat to low. Cook until the celery is tender but not mushy—approximately 5 minutes. Uncover and allow the celery to continue to cook for an additional 5 minutes or until the liquid has been reduced to a glaze. Transfer to a serving dish and garnish with the reserved leaves. Makes 4 servings. Source: Alton Brown, Food Network.

Tomato, Sweet Onion and Celery Salad

2 to 3 ripe plum tomatoes, sliced crosswise ⅛" thick
1 sweet onion, preferably Vidalia, sliced crosswise ⅛" thick
3 celery stalks with leaves, thinly sliced crosswise
2 tablespoons thinly sliced fresh basil
¼ cup olive oil
3 tablespoons balsamic vinegar
2 tablespoons heavy cream
Coarse salt and freshly ground pepper

Arrange tomatoes, onion, celery, and celery leaves on a serving plate. Sprinkle with basil; set aside. In a small bowl, whisk together oil, vinegar, and cream; whisk to combine. Season with salt and pepper. Drizzle over salad; serve immediately. Makes 4 servings. Source: MarthaStewart.com