



November 22- Basic Braised Celery

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/basic-braised-celery>

Recipe

Ingredients:

6 cups celery (cut into pieces about 1 to 2 inches long and wide)

2 tablespoons margarine

½ cup low-sodium chicken broth

¼ teaspoon black pepper

Directions:

1. Place celery, margarine, chicken broth, and pepper in a saucepan.
2. Cover and cook over low heat for 20 to 25 minutes, just until celery is crisp but tender. Serve right away.

Yields 6 servings

Nutrition Facts	
Serving Size 1 cup (125.79g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 1g	2%
Vitamin A 10%	• Vitamin C 6%
Calcium 4%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	