



HEALTHY to a "T"

April 2019

Harvest of the Month



Celery

FUN FACTS:

It takes only one ounce of celery seeds to grow an acre of celery, which will produce 32,000-42,000 celery plants.

In Ancient Greece, celery was used as a "bouquet of flowers" to reward winners of athletic games.

Celery is thought to promote a good night's sleep because of the vitamins, mineral salts and nutrients it contains. It cleans your teeth too while you eat, so enjoy a healthy crunch!

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Celery ~ Nature's Misunderstood Food!

Many think of this vegetable as a crunchy, low-calorie food with minimal health benefits, but it is time to think again. Recent research has increased our knowledge about celery's many health benefits.

Anti-inflammatory benefits – reduces inflammation in one's body, including the digestive tract itself!

Antioxidant benefits – helps protect us against unwanted oxidative damage to our cells, blood vessels, and organ systems.

Lowering blood pressure – initial studies conclude that celery seeds have antihypertensive properties, although there is not enough scientific evidence to fully support the claim.

Rich in vitamins and minerals – such as vitamin K, folate, vitamin A, potassium, and vitamin C.

Low calorie and low sodium benefits – fits easily into any diet.

Very low glycemic index – eating celery has a low and slow effect on your blood sugar.

High in dietary fiber – one cup of celery sticks contains five grams of dietary fiber.

Go ahead and enjoy your low-calorie snack loaded with benefits to improve your health!

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HARVEST OF THE MONTH RECIPE—APRIL

Stir-Fried Chicken and Celery

Yield: 3 servings

12 oz	chicken breast (boneless skinless)
6 oz	celery stalks
1 Tbs	minced garlic
¼ tsp	kosher salt
½ tsp	ground white pepper
2 Tbs	lite soy sauce
1 Tbs	vegetable oil

NUTRITION SNAPSHOT ~ 1 serving
204 calories, 10g total fat, 482mg sodium, 5g carbohydrate, 65mg cholesterol, 25g protein, 0g sugar

Cut the celery stalks into fourths lengthwise, and then cut across into 1 ½" pieces. Set aside.

Cut chicken breast into thin slices on a bias. If chicken breast is thick, slice in half so chicken can get a quick sear. Set aside.

Heat vegetable oil in a large sauté pan or wok. Put chicken, garlic, salt and white pepper in oil for a quick stir-fry. Should take about 3 minutes.

Add cut celery. Fry until celery becomes bright in color with a little caramelization.

Drain chicken and celery and put in bowl, add soy sauce and fold. Serve!

