

# Braised Celery



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 8 stalks of celery, cut into sticks
- 1 tablespoon butter\*
- 1/2 cup broth
- Salt and pepper, to taste

## DIRECTIONS

1. Heat butter in a pan over medium heat. Once melted add celery, salt and pepper. Cook for 5 minutes.
2. Add broth, stir, cover, and reduce heat to low. Cook until celery is tender, about 5 minutes.
3. Uncover and cook for another 5 minutes.
4. Remove from heat and serve with a sprinkle of celery leaves and fresh herbs if desired.

### \*Substitutions

Butter → Olive or vegetable oil



### Nutrition Information

*Serving size: 1/4 of recipe made with chicken broth*

<b>Calories</b>	<b>61</b>
<b>Total fat</b>	<b>3 g</b>
Saturated fat	2 g
<b>Cholesterol</b>	<b>9 mg</b>
<b>Sodium</b>	<b>293 mg</b>
<b>Carbohydrates</b>	<b>4 g</b>
Fiber	4 g
Sugar	0 g
<b>Protein</b>	<b>1 g</b>

### Notes:

- Try this recipe with your favorite chicken, fish or meat dishes.

Recipe source: Food Bank of Contra Costa & Solano