

# Celery



## Available

All year round.

## Buy

Bunches with firm tight packed stems and fresh leaves.

## Store

In the vegetable bin in the fridge.

## Prepare



Slice off the root end.



Wash to remove any soil.



Cut lengthwise into sticks.



Slice crosswise into half-moons.

**Tip** To revive limp celery stand the base ends in water.

## Cook

Can be:



Snacks



Soup



Salad



Stir-fried



## Celery and apple salad (serves 4)

### Ingredients

1 apple, sliced thinly  
4 stalks celery, sliced  
½ cup parsley, chopped roughly  
½ red onion, peeled, sliced  
2 tablespoons oil  
2 tablespoons lemon juice

### Method



1 In a bowl add the apple, celery, parsley and red onion.



2 Mix well to thoroughly combine.



3 Add the oil and lemon juice, mix well.



4 Serve with chicken drums and corn, or with cooked pasta and canned tuna.

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