

Basic Braised Celery

Makes: 6 Servings

This celery recipe can be served as a side dish or an appetizer.

Ingredients

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

2 tablespoons margarine

1/2 cup low-sodium chicken broth

1/4 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.

Source: Recipe adapted from Justvegetablerecipes.com.

Nutrition Information

Nutrients	Amount
Calories	50
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	105 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	35 mg
Iron	N/A
Potassium	N/A
N/A - data is not available	