



# CELERY WITH APRICOT BLUE CHEESE SPREAD

Crunchy sweet celery is a versatile snack food, just right for this flavorful spread. Filled with dried fruit and nuts, this enticing and quick low-fat spread can be made ahead or on the spot.

**Preparation time:** 15 minutes

**Serves:** 4

## INGREDIENTS:

- 2 tbsp crumbled blue cheese
- 3 tbsp fat-free cream cheese
- ½ cup fat-free yogurt, plain
- 4 dried apricots
- 4 dried figs or dates
- ¼ cup pecans
- 8 stalks celery

## DIRECTIONS:

1. Chop dried fruit and pecans.
2. Mix with fork or hand mixer; mix blue cheese, cream cheese, and yogurt until smooth.
3. Stir in chopped dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.

## Tips on how to select and store:

- Choose straight, rigid celery stalks with fresh leaves. Avoid pithy, woody, or limp stalks.
- Refrigerate in a plastic bag for a week or more.
- Add chopped celery stalks and celery leaves to your soups, stews, and casseroles for extra nutrition, flavor, and crunch.
- Add diced celery to your favorite tuna, chicken, egg, or vegetable salad recipe for extra texture.
- Cut-up celery as a flavorful addition to healthy stir-fry dishes.



Food Group Amounts	
 Dairy	¼ cup
 Fruits	¼ cup
 Vegetables	1 cup
 Grains	--
 Protein	½ oz

Nutrition Facts	
Serving Size 150 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 50
<b>%Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 6g	
Vitamin A 20%	Vitamin C 6%
Calcium 20%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carb	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g

Recipe Submitted by Produce For Better Health Foundation

