

Curried Celery with Pears and Onions

Recipe Summary:

Preparation Time: 20 minutes
 Number of Servings: 4
 Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1 Tbsp vegetable oil
 3 cups celery cut into 1/2" pieces
 1 cup sweet red bell pepper, cut into 1/2" pieces
 3/4 cup onion, cut into 1/2" pieces
 2 tsp curry powder
 1-1/2 cup peeled and cored ripe pears cut into 1-1/2" pieces
 3/4 cup apple juice
 1/2 tsp salt
 2 cups steamed brown rice (3/4 cup uncooked)

Directions:

In a large skillet heat oil until hot. Add celery, red pepper and onion; cook and stir until barely crisp-tender, about 5 minutes. Add curry powder; cook 1 minute. Add apple juice, pears and salt; simmer, covered, until vegetables and pears are tender, 2 to 3 minutes. Stir in steamed rice.

Nutrition Facts	
Curried Celery with Pears and Onions	
Serving Size 1/4 recipe	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 46g	15%
Dietary Fiber 6g	24%
Sugars 15g	
Protein 4g	

Diabetic Exchange**

Fruit: 0
 Vegetables: 1
 Meat: 0
 Milk: 0
 Fat: 1
 Carbs: 1
 Other: 0

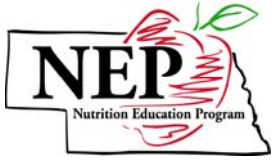
** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Stamp office or call 1-800-430-3244.



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Scotts Bluff/Morrill Counties

Vitamin A	50%
Vitamin C	120%
Calcium	6%
Iron	10%

*** Percent Daily Values are based on a 2,000 calorie diet.**

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