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Prevent and Protect
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BRAISED CELERY HEARTS WITH HONEY-MUSTARD VINAIGRETTE

EatingWell.com

Makes 4 servings

Ingredients:

2 celery hearts
¼ cup cider vinegar
3 tablespoons honey
1 tablespoon whole-grain mustard
2 tablespoons extra-virgin olive oil
¼ teaspoon salt
1/8 teaspoon freshly ground pepper

- Cut a thin slice from the base of each celery heart, leaving the stalks attached. Trim the tops so the hearts measure 7-8 inches long. Slice each heart in half lengthwise.
- Whisk vinegar, honey and mustard until blended; set aside.
- Heat oil in a large deep skillet over medium heat. Add the celery hearts cut-side down, snuggling them in if necessary. Cover and cook, turning once, until lightly browned and tender, 8-10 minutes. Sprinkle with salt and pepper.
- Increase the heat to medium-high, and add the vinegar mixture, bring to a boil. Cook, turning the celery to coat, until the liquid is reduced and syrupy, about 4 minutes.
- Serve drizzled with the sauce.