



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **SLIVERED CELERY SALAD WITH BLUE CHEESE DRESSING**

*EatingWell.com*

Makes 6 servings (serving size 2/3 cup)

### **Ingredients:**

1/2 cup buttermilk  
1/2 cup low-fat plain Greek yogurt  
1/2 teaspoon hot sauce, or to taste  
1/4 teaspoon salt  
3 cups diagonally sliced celery (1/4-inch)  
1/4 cup chopped tender celery leaves  
1/2 cup plus 2 tablespoons diagonally sliced scallions, divided  
1/2 cup crumbled blue cheese, divided

- Whisk buttermilk, yogurt, hot sauce and salt in a medium bowl
- Add celery, celery leaves, 1/2 cup scallions and 1/4 cup cheese; fold until blended.
- Serve sprinkled with the remaining scallions and cheese.