



Elliott Evans Nutrition, LLC  
Prevent and Protect  
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## **STIR-FRIED CELERY WITH PEANUTS**

*EatingWell.com*

Makes 6 servings (serving size ½ cup)

### **Ingredients:**

- 2 strips (2-by-1/2-inch) orange zest**
- 1/3 cup fresh orange juice**
- 2 tablespoons reduced-sodium tamari or soy sauce**
- 1 tablespoon honey**
- 1 teaspoon cornstarch**
- 2 tablespoons extra-virgin olive oil or canola oil**
- 4 cups diagonally sliced celery (large outer stalks)**
- 1 teaspoon finely chopped fresh ginger**
- 1 clove garlic, finely chopped**
- ¾ cup halved and slivered red onion**
- ¼ cup chopped lightly salted dry-roasted peanuts**

- **Cut orange zest into fine slivers. Whisk orange juice, tamari (or soy sauce), honey and cornstarch in a small bowl until blended.**
- **Heat a wok or large skillet over medium-high heat until hot enough to sizzle a drop of water.**
- **Add oil, celery and the orange zest. Stir-fry until the celery is crisp-tender, but still bright green, 3-4 minutes. Stir in ginger and garlic. Add the orange juice mixture and onion and stir-fry just until the sauce thickens, about 1 minute. Serve sprinkled with peanuts.**