



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.