



Catholic Health Initiatives

Imagine better health.®

Buffalo-Style Stuffed Celery*

Serves 10

Prep/cook time:

Approximately 20 minutes

Ingredients:

- ½ cup low fat cream cheese, softened
- ½ tsp. garlic, minced
- 5 pieces of celery (cut into 4 pieces each)
- 1 tbsp. fresh chives, chopped
- 2 tbsp. blue cheese, softened
- ¼ tsp. salt
- 2 ½ tsp. hot pepper sauce



Game-Day Snack

Directions:

In a small bowl, stir together cream cheese, blue cheese, garlic and salt until smooth; spoon about 1/2 tablespoon cheese mixture into each piece of celery. To serve, arrange stuffed celery on a plate, drizzle each with about 1/4 teaspoon hot pepper sauce (or let guests add their own by serving the pepper sauce on the side). Sprinkle with chives if desired. Per serving: 2 pieces stuffed celery.

**1 SmartPoint. Recipe provided courtesy of WW (Weight Watchers).*

Harvest of the Month
celery