

# Celery with Apricot Blue Cheese Spread

**Prep time:** 15 minutes

**Makes:** 4 Servings

Crunchy sweet celery is a versatile snack food, just right for this flavorful spread. Filled with dried fruit and nuts, this enticing and quick low-fat spread can be made ahead or on the spot. You could also serve it on whole grain crackers as an appetizer.

## Ingredients

- 2 tablespoons** crumbled blue cheese
- 3 tablespoons** fat-free cream cheese
- 1/2 cup** fat-free yogurt (plain)
- 4** dried apricots
- 4** dried figs or dates
- 1/4 cup** pecans
- 8** stalks celery

## Directions

1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth.
3. Stir in chopped, dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>140</b>	
Total Fat	6 g	9%
Protein	6 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	220 mg	9%

## MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 cup
Protein Foods	1/2 ounce
Dairy	1/4 cup

## Notes

Tips on how to select, store, and serve celery:

- Choose straight, rigid celery stalks with fresh leaves.  
Avoid pithy, woody, or limp stalks
- Refrigerate in a plastic bag for a week or more.
- Add chopped celery stalks and celery leaves to your soups, stews, and casseroles for extra nutrition, flavor, and crunch.
- Add diced celery to your favorite tuna, chicken, egg, or vegetable salad recipe for extra texture.
- Cut-up celery for a flavorful addition to healthy stir-fry dishes.