

March's Harvest of the Month

CELERY

Vitamin C - Vitamin A



Store

Celery should be stored in the refrigerator. Store leftover celery by wrapping in plastic wrap or storing in an airtight container not made from metal in the refrigerator.



Use

Celery can be eaten raw as a snack, appetizer, or added to salads. Can also be cooked- slice or chop and to add to soups, casseroles, and rice dishes.



Pick

Choose straight, rigid celery stalks that have fresh leaves. Celery stalks should smell fresh, not musty.



Prepare

Pull a stalk off the bunch and rinse it under cold water, rub with fingers or a vegetable brush. Trim off the bottom edge (wide part) and the top part with the leaves. Cut the cleaned and trimmed stalk into sticks or small pieces.

Apple & Chicken Salad

Makes 4 servings

Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves

Directions

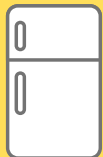
1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.



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PINEAPPLE

Vitamin C



Store

Store at room temperature for a couple of days or store in the refrigerator for about a week. Refrigerate cut pineapple in a sealed container and use within a few days.



Use

Pineapples do not grow in Wisconsin. They grow in Hawai'i, California, and Florida. Cut into bite size pieces and eat. Add to fruit salads, smoothies, pizza, or salsa.



Pick

Choose pineapples that are firm, heavy for their size, smell sweet, and have dark green leaves. Avoid pineapples with soft/dark spots or dry-looking leaves.



Prepare

Slice off the crown (part with leaves) and base (bottom) of the pineapples. Place it base side down and slice off remaining skin. Slice in half or quarters and remove core.

Crunchy Hawaiian Chicken Wrap

Makes 6 servings

Ingredients

- 1/4 cup light mayonnaise
- 1/8 cup white vinegar
- 1/4 cup sugar
- 1 teaspoon poppy seeds
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons chili powder
- 2 cups Fresh broccoli, shredded
- 1 1/2 cups Fresh carrots, peeled, shredded
- 1/4 cup Canned crushed pineapple, in 100% juice, drained
- 1 cup Fresh baby spinach, chopped
- 3 cups Cooked diced chicken, 1/2" pieces
- 6 Whole-wheat tortillas, 10"

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.
4. Suggestion: Filling may be made up to one day in advance. Assemble wraps when ready to serve.