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Pan-Cooked Celery With Tomatoes and Parsley

By MARTHA ROSE SHULMAN

You can serve this as a side dish or as a topping for grains or pasta. It is adapted from a recipe in “Cooking From an Italian Garden,” by Paola Scaravelli and Jon Cohen.

1 bunch celery, trimmed and cut into 1-inch pieces

1 tablespoon extra virgin olive oil

4 garlic cloves, minced

1 anchovy, rinsed and chopped (optional)

1 14-ounce can chopped tomatoes in juice

3 tablespoons chopped flat-leaf parsley

Pinch of sugar

Salt and freshly ground pepper to taste

1. Place the celery in a steamer above 1 inch of boiling water. Cover and steam 5 minutes, until just tender when pierced with a knife. Remove from the heat and drain.

2. Heat the oil over medium heat in a large, heavy skillet and add the garlic. Stir until it smells fragrant, about 30 seconds, and add the anchovy if using, tomatoes, 2 tablespoons of the parsley, a pinch of sugar and salt and pepper. Stir together, then stir in the celery. Cook, stirring often, until the tomatoes have cooked down and the mixture is fragrant, about 10 minutes. Taste and adjust the seasonings. Stir in the remaining parsley just before serving.

Yield: Serves 4

Advance preparation: This will keep for three days in the refrigerator. Rel top of the stove. You will need to add a little water to moisten it.

Nutritional information per serving: 82 calories; 5 grams fat; 1 gram sa gram polyunsaturated fat; 3 grams monounsaturated fat; 0 milligrams cholest



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carbohydrates; 4 grams dietary fiber; 296 milligrams sodium (does not include salt to taste); 2 grams protein

Martha Rose Shulman is the author of “The Very Best of Recipes for Health.”