

Celery with Cream Cheese Mousse

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayjn%29%29/recipeDetail.aspx?linkId=0&cId=10&rId=160>

Ingredients

- ¼ C low-fat whipped cream cheese
- ¼ C fat-free plain yogurt
- 2 Tbsp scallions (green onions), rinsed and chopped
- 1 Tbsp lemon juice
- ½ tsp ground black pepper
- 6 celery sticks, rinsed, with ends cut off
- 1 Tbsp chopped walnuts

Instructions

1. Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
2. Spread mixture evenly down the middle of each celery stick.
3. Cut each stick into 5 pieces. Top with chopped walnuts, and serve.

Makes 6 servings

Nutrition information per serving

Calories: 35	Total Fiber: 1g
Total Fat: 2g	Sodium: 58mg
Saturated Fat: 1g	Protein: 2g
Carbohydrates: 3g	Cholesterol: 4mg

