

Baked Celery

Ingredients

- 1½ cups celery
- ½ cup beef, chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos (optional)
- 2 tablespoons onion, chopped
- 1 clove of garlic, crushed and minced
- 1 bay leaf
- Pinch of red pepper flakes
- Paprika to taste
- Sea salt and black pepper to taste

Makes 1-2 servings (1 vegetable)
2 grams protein
0 fat
38 calories



Directions

1. Chop up celery into sticks and arrange in a baking dish.
2. Dissolve spices in liquid ingredients and pour over the celery.
3. Bake in 375 degree oven until soft and lightly brown on top.
4. Serve with the juices and sprinkle with paprika.
5. Add sea salt and pepper to taste.

