

KOHLRABI SAUTE

SERVES 4

This recipe is great as a vegetable side dish. Experimenting with new vegetables brings a great experience to the dinner table.

INGREDIENTS

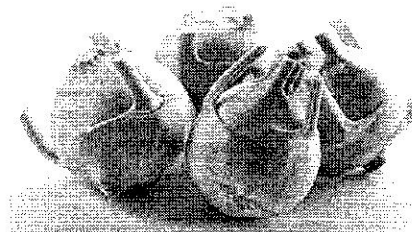
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| 4 medium kohlrabies (about 1 ½ pounds without leaves, 2 pounds with leaves) | 2 tablespoons chopped shallot |
| 2-teaspoons olive oil | 1/8-teaspoon salt |
| 1-teaspoon minced, fresh ginger | 1/8-teaspoon pepper |

DIRECTIONS

1. Remove kohlrabi leaves if present and save for another use.
2. Peel kohlrabi globes and shred or julienne. *
3. Heat olive oil in a large skillet over MEDIUM heat.
4. Toss kohlrabi with ginger and shallots and heat until tender-crisp, 3-5 minutes.
5. Sprinkle with salt and pepper.

* Julienne means to cut food into short, thin strips.

Recipe courtesy of Fruits and Veggies-More Matters®
www.FruitsAndVeggiesMoreMatters.org



What is Kohlrabi?

Kohlrabi is a member of the turnip family and grows just about anywhere.

The taste and texture of a kohlrabi are similar to a broccoli stem or cabbage heart.

Choose firm kohlrabi globes that are heavy for their size and firm, without bruises or cracks.

Wash leaves, then refrigerate in a plastic bag wrapped in paper towels for up to 3 days. Refrigerate globes for up to 10 days- wash before using.

NUTRITIONAL INFO: Serving Size 1/4 of recipe, Calories: 55, Fat: 2.4 grams (g), Sodium: 96 milligrams (mg), Protein: 2 grams (g).

SIMPLY GOOD EATING



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