RECIPE

Kohlrabi Slaw

Kohlrabi is a type of German turnip related to broccoli and cabbage. It contains many antioxidants and is super easy to prepare!

Makes: 8 Servings
Prep Time: 15 minutes
Cook Time: N/A

Source: University of Delaware Cooperative Extension

Ingredients

- 1 medium kohlrabi
- 2 apples
- 1/2 jalapeno pepper
- 2 tablespoons cilantro
- 1 lime, juice and zest
- 1 orange, juice and zest
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

1. Wash and peel kohlrabi. Slice into small pieces, matchstick style.
2. Wash and slice apple. Leaving skin on chop into small pieces, matchstick style.
3. Finely mince jalapeno pepper and cilantro.
4. Combine kohlrabi, apple, jalapeño, and cilantro.
5. Juice and zest orange and lime.
6. In separate bowl combine orange juice and zest, lime juice and zest and olive oil. Add to other ingredients. Stir together to combine.
7. Add salt and pepper to taste.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	73
Total Fat:	4g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	7mg
Total Carbohydrates:	12g
Dietary Fiber:	3g
Total Sugars:	7g
Added Sugars:	0g
Protein	1g

Utensils Needed

- Sharp knife
- Cutting board
- Medium mixing bowl
- Small mixing bowl
- Measuring spoons
- Mixing spoon
- Grater

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