



KOHLRABI 3 WAYS!

SWEET BEET KOHLRABI SLAW WITH MINT

INGREDIENTS NEEDED:

For the slaw base:

- 1 medium kohlrabi, chopped into matchsticks
- 2 apples, chopped into matchsticks
- 3-4 medium beets, chopped into matchsticks
- ½ handful (or more) fresh mint, chopped or torn

For the salad dressing:

- 6 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 tablespoons honey

STEPS:

1. In a large bowl, mix ingredients of slaw base together.
2. In a small bowl, whisk salad dressing ingredients together.
3. Pour salad dressing on slaw base.
4. Toss until well combined.
5. Salt and pepper to taste and enjoy!

Try serving this dish on top of pulled pork, on a fresh green salad, or as a side with roasted chicken!

ROASTED KOHLRABI WITH PARSLEY AND PARMESAN CHEESE

INGREDIENTS NEEDED:

- 6 cups kohlrabi, cubed
- 2 tablespoons olive oil
- ¾ teaspoon salt
- A pinch of cayenne pepper
- ¼ cup Parmesan cheese (set aside)
- A handful of chopped fresh parsley (set aside)

STEPS:

1. Place cubed kohlrabi in a large bowl and coat with oil and spices.
2. Pour seasoned kohlrabi pieces onto a sheet pan.
3. Place pan in a 475 degree oven until golden brown, about 15-20 minutes.
4. Remove from oven and top with parsley and Parmesan cheese.
5. Salt and pepper to taste and enjoy!

Try serving this dish as a movie snack or as a side to any meat or fish entrée!

KOHLRABI SLAW WITH CILANTRO, JALAPENO, AND LIME

INGREDIENTS NEEDED:

For the slaw base:

- 6 cups kohlrabi, grated
- ½ cup fresh cilantro, chopped
- ½ jalapeno, minced
- ¼ cup scallion, diced
- *no scallions? Substitute an onion!

For the salad dressing:

- ¼ cup olive oil
- ¼ cup orange juice
- 1 lime, juiced
- ¼ cup honey

STEPS:

1. In a large bowl, mix ingredients of slaw base together.
2. In a small bowl, whisk salad dressing ingredients together.
3. Pour salad dressing on slaw base.
4. Toss until well combined.
5. Salt and pepper to taste and serve!

This recipe goes well as a topping on rice or a burger and makes an excellent side for a sandwich!