

The University of Texas Rio Grande Valley™

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Office of Professional Education & Workforce Development

Kohlrabi Creamy Slaw with Fage

(pronounced fa-yeh) Greek strained yogurt
2 servings

Ingredients:

1 large or 2 small, Kohlrabi, washed
2-3 Tablespoons Fage, or sour cream
1 small Jalapeño or serrano pepper, sliced
1-2 tablespoon chopped fresh herbs (dill, cilantro, Italian parsley)
Salt, pepper to taste

Directions;

Peel and shred Kohlrabi into a bowl. Add remaining ingredients, mix well and adjust seasoning.
Store covered in refrigerator. Can be prepared one day ahead.

Kohlrabi is a tasty crisp vegetable, similar in texture to jicama or reddish. Green and purple varieties of kohlrabi, are same on the inside after you peel the skin. Can be eaten raw. Great in salads, crudité platters. Can cooked in soups, like potato.

Kohlrabi is a very good source of vitamin C, fiber and antioxidants.

Nutritional value -1 cup raw kohlrabi

Calories - 36
Carbs - 5 grams
Vitamin C - 93% of daily value
Vitamin B - 12% daly value
Potassium - 10% daily value

