

Kohlrabi Carpaccio with Goat Cheese

4-6 servings

Ingredients:

1 Kohlrabi, peeled, thinly sliced (use mandolin for best results)
3 ounces Goat cheese, blue cheese or Cotija cheese
Juice of 1/2 lemon or lime
Salt, pepper or cayenne pepper, to taste

Optional Garnish:

2 slices smoked salmon and / or Prosciutto ham

Directions:

Arrange individual kohlrabi slices on a large platter.
Season kohlrabi lightly with salt and squeeze of lemon or lime juice.
Place small amount of goat cheese (about 1/2 tablespoon) in the middle of each slice.
Add small pieces of smoked salmon or Prosciutto ham, if using, on top of each Carpaccio and enjoy!

Kohlrabi is low in calories and loaded with vitamin C.
Use sliced kohlrabi as a garnish for sandwiches.
Add cut up kohlrabi to salads for extra crunchiness.
Use kohlrabi same as jicama.
Serve kohlrabi with your favorite salsa or dip.

Nutritional value of 1 cup raw kohlrabi ;

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