Kohlrabi Slaw-Lemon-Herb Dressing

2 servings

**Ingredients:**
- 1 large or 2 small kohlrabi, peeled, shredded
- Juice of lemon or lime, to taste
- 1-2 tablespoons neutral oil (avocado, almond, safflower)
- 1-2 tablespoon fresh dill, or parsley, chopped
- 1-2 tablespoon fresh cilantro or basil, chopped
- Salt, pepper or red pepper flakes to taste

**Directions:**
Rinse well kohlrabi, peel the skin, shred it into a bowl.
Squeeze lemon juice over kohlrabi, add oil, salt, pepper and herbs.
Use herbs of your choice. Now mix all ingredients with a fork.
Taste and adjust seasoning to your liking. Serve as a side dish.
Store covered in the refrigerator.

Kohlrabi is a tasty crisp vegetable, similar in texture to jicama or reddish.
Kohlrabi is popular produce at farmers markets.
There are green and purple varieties of kohlrabi, both are same after you peel the skin.
Kohlrabi is a very good source of vitamin C, fiber and antioxidants.
Can be eaten raw or cooked.
Nutritional value of 1 cup raw kohlrabi:

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

More recipe ideas:
Serve kohlrabi sliced, with salsa for dipping
Add diced kohlrabi to soup
Slice kohlrabi into matchstick and add to salad
Add thinly sliced kohlrabi to your favorite sandwich