

## 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, shed it into to 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% daly 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