

Kohlrabi Sauté

Ingredients:

4 medium Kohlrabi (about 1 ½ pounds without leaves)

2 teaspoons oil

1 teaspoon minced, fresh ginger or a pinch dry ginger

2 Tablespoons chopped shallot or green onion

1/8 teaspoon salt

1/8 teaspoon pepper



Directions:

1. Remove kohlrabi leaves if present.
2. Peel kohlrabi globes. Grate or cut into 2" long, thin strips.
3. Heat oil in a large skillet over medium heat.
4. Add kohlrabi, ginger and shallots or onions. Stir while cooking until tender-crisp, 3-5 minutes.
5. Sprinkle with salt and pepper.

Recipe adapted from Produce for Better Health Foundation (PBH)

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