

# Kohlrabi Sauté

This easy yet delicious kohlrabi dish contains just a few simple ingredients. Try it as a side for your next meal!

Makes: 4 Servings  
 Prep Time: 10 minutes  
 Cook Time: 5 minutes

Source: Purdue Extension/Food Link



**Small Changes,  
BIG Difference!**

## Ingredients

- 4 medium kohlrabi globes (about 1 1/2 pounds without leaves, 2 pounds with leaves)
- 2 teaspoons olive oil
- 1 teaspoon minced, fresh ginger
- 2 tablespoons chopped shallot
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

## Directions

1. Remove kohlrabi leaves (if present) and save for another use.
2. Peel kohlrabi globes and shred or julienne.
3. In a large skillet, heat olive oil over medium heat.
4. Add kohlrabi, ginger, and shallots to skillet, and heat until tender-crisp (3-5 minutes).
5. Sprinkle with salt and pepper.



<b>Nutrition Information</b>	
Serving Size: ¼ of recipe	
Nutrients	Amount
Calories:	55
Total Fat:	2.4g
Saturated Fat:	0.3g
Cholesterol:	0mg
Sodium:	96mg
Total Carbohydrates:	8g
Dietary Fiber:	4g
Total Sugars:	0g
Added Sugars:	0g
Protein	2g

## Utensils Needed

- Sharp knife
- Cutting board
- Measuring spoons
- Vegetable peeler
- Mixing spoon
- Skillet



# SHOPPING LIST

Average total cost without oil and seasonings: \$5.70

Average cost/serving: \$1.43

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Kohlrabi, bunch



Add 1 to Cart  
Fresh Ginger



Add 1 to Cart  
Shallot

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Always peel kohlrabi before using. If the leaves are still attached, remove them and use them as you would use spinach.
- Small kohlrabi are more tender, and you can peel them with a paring knife.
- Kohlrabi can be cut many ways including cubed, sliced, diced, and julienned.
- You can store kohlrabi bulbs in the refrigerator crisper drawer for about two weeks.

