

# Kohlrabi Slaw

Kohlrabi is a type of German turnip related to broccoli and cabbage. It contains many antioxidants and is super easy to prepare!

Makes: 8 Servings  
 Prep Time: 15 minutes  
 Cook Time: N/A

Source: University of Delaware Cooperative Extension

## Ingredients

- 1 medium kohlrabi
- 2 apples
- 1/2 jalapeno pepper
- 2 tablespoons cilantro
- 1 lime, juice and zest
- 1 orange, juice and zest
- 2 tablespoons olive oil
- Salt and pepper to taste

## Directions

1. Wash and peel kohlrabi. Slice into small pieces, matchstick style.
2. Wash and slice apple. Leaving skin on chop into small pieces, matchstick style.
3. Finely mince jalapeno pepper and cilantro.
4. Combine kohlrabi, apple, jalapeño, and cilantro.
5. Juice and zest orange and lime.
6. In separate bowl combine orange juice and zest, lime juice and zest and olive oil. Add to other ingredients. Stir together to combine.
7. Add salt and pepper to taste.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe

| Nutrients            | Amount |
|----------------------|--------|
| Calories:            | 73     |
| Total Fat:           | 4g     |
| Saturated Fat:       | 0g     |
| Cholesterol:         | 0mg    |
| Sodium:              | 7mg    |
| Total Carbohydrates: | 12g    |
| Dietary Fiber:       | 3g     |
| Total Sugars:        | 7g     |
| Added Sugars:        | 0g     |
| Protein              | 1g     |

## Utensils Needed

- Sharp knife
- Cutting board
- Medium mixing bowl
- Small mixing bowl
- Measuring spoons
- Mixing spoon
- Grater



# SHOPPING LIST

Average total cost without oil and seasonings: \$8.30

Average cost/serving: \$1.04

Makes: 8 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 2 to Cart  
Apples, medium



Add 1 to Cart  
Jalapeno Pepper



Add 1 to Cart  
Cilantro, bunch



Add 1 to Cart  
Fresh Lime



Add 1 to Cart  
Fresh Orange

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Kohlrabi is a type of German turnip related to broccoli and cabbage. It can be roasted and served with pasta or chopped raw and put into salads/coleslaw!
- Choosing kohlrabi - If leaves are still attached, make sure they are bright green and firm. Avoid kohlrabi with wilted leaves, brown spots, or cracks.

