

Enjoy Farmers Market Produce



Kohlrabi

Kohlrabi is a great source of potassium and vitamin C and it is low in calories. It can be eaten raw or steamed or boiled and then served hot or cold.

Sauteed Kohlrabi

- 4 medium kohlrabi bulbs
- 1 Tablespoon butter or margarine
- 1 Tablespoon olive oil
- 1 garlic clove, finely chopped
- 1 medium onion, chopped
- 1 Tablespoon lemon juice
- 2 Tablespoons parsley, chopped
- Salt & pepper
- 2 Tablespoons low fat sour cream

1. Peel outer skin from the kohlrabi then coarsely grate the bulbs.
2. In a skillet, heat butter and olive oil. Add garlic, onion and kohlrabi and sauté, stirring until kohlrabi is tender crisp, about 6 minutes.
3. Stir in lemon juice and parsley, then season with salt and pepper to taste. Stir in sour cream, and serve hot.

Other ways to enjoy kohlrabi

- Peel and shred raw in a salad or slaw
- Chop and add to soup
- Slice raw and eat with dip

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