

# Featured Vegetable

## **KOHLRABI**

An excellent source of Potassium and Vitamin C. Great raw or roasted!



## Kohlrabi & Carrot Slaw

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 large <b>Kohlrabi</b>, peeled, stems trimmed off, grated</li><li>● 1/4 head purple cabbage, shredded</li><li>● 2 medium carrots, peeled and grated</li><li>● 1/2 red onion, grated</li><li>● 4 tablespoons chopped cilantro</li><li>● 1/4 cup mayonnaise (can sub vegenaise)</li><li>● 1 tablespoon apple cider vinegar</li><li>● 1 tablespoon sugar</li><li>● 1 teaspoon salt</li><li>● Optional ingredient: Apple, peeled, cored and grated</li></ul>	<ul style="list-style-type: none"><li>● Wash hands, wash everything!</li><li>● Combine the kohlrabi, cabbage, carrots, red onion, cilantro, and apple (if using) in a large bowl.</li><li>● In a smaller bowl, whisk together the mayonnaise, apple cider vinegar, sugar, and salt.</li><li>● Pour the dressing over the slaw, mix until fully coated.</li><li>● Chill for several hours before serving for best flavor!</li></ul>

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