

Kohlrabi & Cabbage Slaw



Ingredients:

- 4 medium bulbs kohlrabi
- 3 cups shredded green cabbage
- 1/4 cup dried fruit
- 1/4 cup sunflower seeds (optional)
- 1/4 cup chopped fresh parsley
- 1/4 cup canola oil
- 3 tbsp honey, maple syrup, or sugar
- Zest of 1 lemon
- Juice of 2 lemons
- 1 garlic clove, minced
- 1/4 teaspoon salt and pepper

Directions:

1. Remove the long stems and greens from the kohlrabi. Using a peeler, trim away the thick green skin until you

reach the light green to white part that is free of tough fibers.

2. Shred on a box grater or in a food processor.
3. In a large serving bowl, combine the kohlrabi, cabbage, dried fruit, sunflower seeds, and parsley.
4. In a small jar or small bowl, combine the olive oil, sweetener, lemon zest, lemon juice, garlic, salt, and pepper. Shake or whisk to thoroughly combine.
5. Pour the dressing over the salad and toss to coat well.

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Jane Rapin, RD, CDE 231-922-4858
Community Nutrition Instructor rapinjan@msu.edu

Michelle Smith, RD 231-922-4823
Community Nutrition Instructor smithmmk@msu.edu

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