
Waukesha County
UW Extension

Farmers Market Fresh

Kohlrabi Sauté

Ingredients:

Serves 4

4 medium Kohlrabies (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



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
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Directions:

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

Recipe courtesy of Produce for Better Health Foundation (PBH).

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