

KOHLRABI AND APPLE SLAW WITH ORANGE AND LIME CITRUS DRESSING

Recipe by Linda Rosenblatt

Serves 4-8

INGREDIENTS

SALAD

- 2-3 kohlrabi bulbs - cut into matchsticks or grated in a food processor
- 1 crisp red apple of choice (honeycrisp, pinklady)
- 1 Granny Smith apple
- 1/2 cup chopped cilantro (1 bunch)
- 1/2 red onion, thinly sliced (optional)
- 1/2 jalapeno minced (optional)
- 2 Tablespoon pumpkin seeds and/or hemp seeds
- Juice of 1 lemon
- Orange zest from 1 orange + juice
- Lime zest from 1 lime + juice

DRESSING

- 1/4 cup olive oil
- 1/4 cup fresh orange juice (juice from one orange)
- 1/8 cup lime juice plus 1 T (juice from one large lime), more to taste
- 1/4 cup maple syrup
- 1/2 tsp kosher salt
- 1 Tablespoon rice wine vinegar
- 2 tsp toasted sesame oil



DIRECTIONS

1. Trim and peel kohlrabi. (Note: You may have to peel twice to get through the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks.
2. Place in a large bowl with all other ingredients and lime zest and orange zest.
3. Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes even better the next day too!

FUN FACTS:

Try swapping out the veggies for fun new takes on salad! You could substitute sliced fennel, jicama, cucumber, or cabbage to add more diversity!

EAT UP and ENJOY!

