



Kohlrabi Slaw with Cilantro and Lime

(ADAPTED FROM SYLVIA FOUNTAINE, FEASTING AT HOME BLOG)



Yield: Makes 4-6 servings

Ingredients

- 6 cups kohlrabi (~3 medium sized bulbs), cut into matchsticks or grated in a food processor
- ½ cup cilantro, chopped (1 small bunch)
- ¼ cup chopped green onion
- Orange zest and juice from 1 orange
- Lime zest and juice from 1 large lime
- ¼ cup olive oil
- ¼ cup honey
- ½ tsp salt
- 1 tbsp rice wine vinegar

Optional

- ½ jalapeño pepper, minced (seeds removed)

Instructions

Trim and peel kohlrabi. Cut in half from top to bottom. Thinly slice, rotate and slice again, making ¼-inch matchsticks.

If using jalapeño pepper, cut top off and remove seeds (wear gloves or wash hands after removing seeds). Dice jalapeño into small pieces.

Place kohlrabi, chopped cilantro, green onions, jalapeño (optional), lime zest and orange zest in a large bowl.

Whisk olive oil, orange juice, lime juice, honey, salt and rice wine vinegar together. Toss with salad. Refrigerate until ready to serve.

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Description

Kohlrabi is often seen as an intimidating vegetable, but hopefully this recipe will show you it doesn't need to be! Kohlrabi tastes like a cross between broccoli and an apple and has a crisp and crunchy texture. The bright and tangy dressing compliments the mild and slightly sweet taste of the kohlrabi.



Farmers Market Finds

- Kohlrabi
- Green Onion
- Cilantro
- Honey
- Jalapeño Pepper (optional)



Grocery Store Grabs

- Olive Oil
- Fresh Lime
- Fresh Orange
- Rice Wine Vinegar
- Salt

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pdl.org/biblio-bistro.

Substitutes

Could use cabbage, cauliflower or broccoli in place of kohlrabi.

Could use maple syrup in place of honey.

Could use white wine or apple cider vinegar in place of rice wine vinegar.

Pairs with

The bold flavors of this side dish would pair well with lighter entrees like grilled fish or poultry, seasoned with garlic and lemon pepper seasoning. Baked potatoes (or sweet potatoes), rice pilaf or roasted root veggies would also round out and complement this dish.