

Harvest of the Month

JUNE
KOHLRABI



Sautéed KOHLRABI with herbs

B-WELLthy Choices.
Good taste. Good health.



PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES
Makes 10 Servings (2/3 c. each)

- Ingredients:**
2 lbs. kohlrabi, peeled and trimmed of leaves, chopped into 3/4 in. cubes (about 5 cups)
2 tablespoons of butter
1 medium onion, diced
1 clove garlic/ minced
2 Tbsp. water
1/2 teaspoon salt
2 tablespoons chopped fresh basil, parsley or thyme (or 1 teaspoon dry)
1/4 c. chopped nuts (almonds, walnuts, pistachios or another)

Method:

Cut the kohlrabi with a sharp knife by cutting off each end first then carving down the side to remove the thick skin. Cut into 1/2 in. cubes.

Dice the onions; Melt butter in a sauté pan. Brown onions for a few minutes and add garlic for a few minutes.

Stir in kohlrabi and cook 2-3 minutes. Turn the heat down to low, add the water, cover and simmer for 10 minutes. Uncover and turn heat up to medium temp. Cook another 2 minutes until fork-tender. Add fresh or dried herbs, sprinkle with nuts and serve. Makes 10 Servings. Nutrition info. per serving (2/3 c.):

Photo: Katie Schmidt

Nutrition Facts	
servings per container	(113g)
Serving size	70
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 354mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

See it LIVE on WEAU-TV-13 Thurs. June 20 on the 4 p.m. News!

