

# Kohlrabi Slaw

## Ingredients

Kohlrabi, peeled, trimmed, and grated	2 (medium-sized)
Purple cabbage, shredded	1/4 Head of cabbage
Carrots, grated	2 (medium-sized)
Red onion, grated	1/2 Onion
Cilantro, chopped	4 Tablespoons
Raisins	1/4 Cup
Avocado, mashed	1/4 Avocado
Apple cider vinegar	1 Tablespoon
Sugar	1 Tablespoon

## Instructions

1. Mix kohlrabi, cabbage, carrots, onions, cilantro, and raisins in a large bowl.
2. In a separate smaller bowl, stir together mashed avocado, apple cider vinegar, and sugar.
3. Pour contents of the small bowl into the slaw in the large bowl. Mix until evenly coated.

## Kitchen Classroom

Kohlrabi is a member of the cabbage family and is grown mainly for the edible round stem that develops right on top of the soil line. The taste is very similar to that of a turnip, but perhaps a bit milder.

Kohlrabi makes a good addition to soups, stews, and salads. Grating raw kohlrabi onto any dish of your choice is easy!

Vitamin C and potassium are provided by this vegetable, among several other antioxidants!

Source: Complete Guide to Vegetables, Fruits, and Herbs

## Nutrition Information per serving

Number of servings: 4

Calories: 100

Fat: 2 gm

Sodium: 45 mg

Fiber: 5 gm

Sugars: 12 gm

Protein: 3 gm

