

Baked Kohlrabi Fries

Ingredients:

- 2 large kohlrabies
- 1 teaspoon of oil (any kind)
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon of chili powder
- salt and pepper, to taste

Directions:

- 1) Preheat the oven to 425F
- 2) Wash the kohlrabies. Then peel them and slice into long, thin strips (or cut thicker if you like a chewier fry)
- 2) In a medium-sized bowl, toss kohlrabi strips with oil, cumin, chili powder, salt and pepper. Coat all pieces evenly.
- 3) Spread the kohlrabi in a single even layer on a baking sheet. Bake for 15 minutes, then flip the pieces and bake for 10 more minutes until the pieces are soft and brown on the outside.

Recipe adapted from: <http://jeanetteshealthyliving.com/kohlrabi-kim-chi-salad/>

For more recipes, visit <https://stjoefarm.wordpress.com>

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Serves 4

Nutrition per serving:
calories: 35, total fat:
1.2g, sodium: 14mg,
carbohydrates: 5.6g,
fiber: 2.5g, protein:
1.2g

