

Quick Pickled Kohlrabi

Ingredients:

- 1 kohlrabi, peeled and shredded
- 1 garlic clove, minced
- 1 teaspoon of sesame oil
- 1 teaspoon of rice vinegar
- 1 teaspoon of sugar (optional)
- 1/2 teaspoon red pepper flakes (optional)

Directions:

- 1) Wash the kohlrabi thoroughly, and shred with a grater.
- 2) Remove the papery skin from the garlic and mince finely.
- 3) Place kohlrabi and garlic into a medium-sized mason jar. Add oil, vinegar, sugar, and red pepper flakes into the mason jar. Cover the jar and shake vigorously.
- 4) Refrigerate for at least 2 hours before serving.

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

