

Steamed Kohlrabi



2 servings

Prep Time: 5 min Cook Time: 10 min

2 medium sized kohlrabi

1 T. olive oil

1/4 t. salt

Cut outer skin off kohlrabi. First cut into 1/4 inch slices, then into matchsticks. Using a double boiler, steam kohlrabi for 10 minutes or until tender. Drizzle with olive oil and sprinkle with salt.

Nutrition Facts per serving

Calories 96 , Protein 2 g, Carbohydrate 8 g, Total Fat 7 g, Saturated Fat 1 g,
Fiber 5 g, Sugar 4 g, Sodium 318 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.