



Crunchy Kohlrabi Salad

6 servings

Make your salad pop with color and flavor by including fresh or dried fruits, seeds, and nuts. Include seasonal vegetables for variety throughout the year.

- 2-3 kohlrabi (2 cups), scrubbed with clean vegetable brush under running water, peeled, and cut into matchsticks
- 1 apple, gently rubbed under running water, cored, and cut into matchsticks
- ¹/₄ cup dried cranberries or raisins
- ¹/₄ cup sunflower seeds
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon maple syrup
- 1 teaspoon mustard (Dijon or other)
- Salt and pepper to taste (optional)
- 1. Wash hands with soap and water.
- 2. Wash and prepare kohlrabi and apple.
- 3. In a large bowl, combine kohlrabi, apple, dried cranberries, and sunflower seeds.
- 4. To make the dressing, combine vinegar, vegetable oil, maple syrup, mustard, salt and pepper (if desired) in a small bowl until well combined.
- 5. Add dressing to salad and toss.
- 6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/2 cup): Calories 110, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 15g, Fiber 3g, Total Sugars 11g, includes 5g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 6%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

