



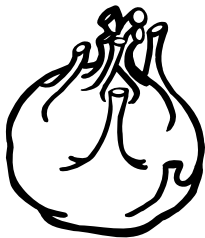
Sautéed Kohlrabi

Servings: 4

Rinse fresh vegetables under running water.

Ingredients:

- 4 small kohlrabi, peeled and trimmed of leaves
- 1 teaspoon salt
- 1 medium onion, sliced
- 2 tablespoons butter or margarine
- 1 teaspoon crushed dried basil leaves or 1 tablespoon fresh chopped basil leaves



Directions:

1. Wash hands and surfaces.
2. Grate the kohlrabi and place in a colander. Sprinkle with salt and allow to sit 30 minutes. Squeeze water out.
3. Melt butter or margarine in a skillet. Add onions and brown.
4. Stir in kohlrabi. Turn heat to low, cover and simmer for 10 minutes. Uncover and turn heat to medium. Cook another 2 minutes. Sprinkle with basil.
5. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 100

Calories from Fat 50

% Daily Value*

Total Fat 6g

9%

Saturated Fat 3.5g

18%

Trans Fat 0g

Cholesterol 15mg

5%

Sodium 650mg

27%

Total Carbohydrate 11g

4%

Dietary Fiber 6g

24%

Sugars 6g

Protein 3g

Vitamin A 6%

Vitamin C 100%

Calcium 4%

Iron 4%

Tips:

- Use fresh, local veggies. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm
- ☺ Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
- ☺ Let your kids be produce pickers. Help them pick fruits and veggies at the store and farmers market or pick-your-own farms.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/