



## Sautéed Kohlrabi

Servings: 4

Rinse fresh vegetables under running water.

4 small kohlrabi, peeled  
and trimmed of leaves

1 teaspoon salt

1 medium onion, sliced

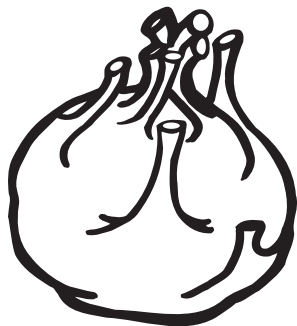
2 tablespoons butter or margarine

1 teaspoon crushed dried basil leaves or

1 tablespoon fresh chopped basil leaves

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.



## Nutrition Facts

servings per container

**Serving size** (181g)

Amount per serving

**Calories** **100**

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 660mg 29%

**Total Carbohydrate** 12g 4%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 1mg 6%

Potassium 522mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- 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.
- Kohlrabi is a member of the cabbage family. It has a subtle sweet yet peppery taste.
- When buying kohlrabi, pick vegetables that are firm and solid. To prepare them for cooking, trim off the leaves and stems (which can be saved for a stir fry!) and slice or chop the bulb into bite-sized pieces.

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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 resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)