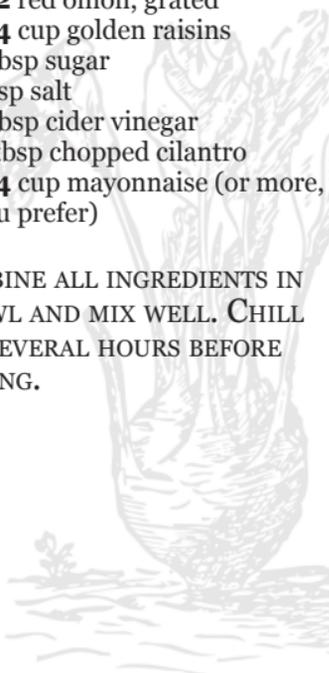


KOHLRABI SLAW

serves 2

- **3** medium kohlrabi, peeled, stems trimmed off, grated
- **1/3** purple cabbage, shredded
- **2** carrots, grated
- **1/2** red onion, grated
- **1/4** cup golden raisins
- **1** tbsp sugar
- **1** tsp salt
- **1** tbsp cider vinegar
- **4** tbsp chopped cilantro
- **1/4** cup mayonnaise (or more, if you prefer)

COMBINE ALL INGREDIENTS IN A BOWL AND MIX WELL. CHILL FOR SEVERAL HOURS BEFORE SERVING.



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ROASTED KOHLRABI AND BUTTERNUT SQUASH

serves 4

- **4** medium kohlrabi
- **2** tablespoons olive oil
- **2** teaspoons finely chopped thyme
- **1/2** teaspoons salt
- **1/4** black pepper
- **2 1/2** pounds butternut squash

PREHEAT OVEN TO 425° F. TRIM AND PEEL KOHLRABI, THEN CUT INTO 3/4 INCH PIECES. TOSS WITH OLIVE OIL, SALT AND PEPPER, AND THYME. TRANSFER TO PREHEATED PAN IN OVEN AND ROAST FOR 15 MINUTES. PEEL BUTTERNUT SQUASH, QUARTER LENGTHWISE, REMOVE SEEDS, AND CUT INTO 3/4 INCH CUBES. TOSS WITH OLIVE OIL, SALT AND PEPPER, AND THYME. ADD TO ROASTING PAN IN OVEN FOR 30 MINUTES (STIR AND TURN PEICES HALFWAY THROUGH UNTIL LIGHTLY BROWND).

KOHLRABI

Kohlrabi is a root vegetable that can be green or purple. It is related to the cabbage and turnip.

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RECIPE IDEAS

- SLAW
- MASHED WITH POTATOES

BEST COOKING METHODS

- RAW
- STEAMED
- ROASTED

STORAGE

- SEPARATE LEAVES FROM BULB
- STORE LEAVES IN PLASTIC BAG WITH DAMP PAPER TOWEL, REFRIGERATE
- REFRIGERATE BULBS, IDEALLY IN PLASTIC BAGS

TIPS

- THEY SHOULD BE PEELED. USING A VEGETABLE PEELER IS DIFFICULT, SO GET OUT YOUR PARING KNIFE. IT HAS TWO OUTER LAYERS- PEEL THEM BOTH.
- EAT THE LEAVES, TOO! THEY CAN BE SAUTÉED WITH OLIVE OIL, BOILED IN SALTED WATER, OR EATEN RAW IN SALADS.

NUTRITION

- HIGH IN: VITAMIN C, DIETARY FIBER
- GOOD SOURCE OF: OF VITAMIN B6, POTASSIUM, COPPER, AND MANGANESE.