

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- November -

KOHLRABI

KOHLRABI & CARROT SLAW

- 1 kohlrabi
- 1 cup shredded carrots
- 1 green onion, thinly sliced
- 1/4 cup chopped cilantro
- 1/8 cup chopped mint
- 1/8 cup chopped basil

DRESSING

- 1 Tbl rice vinegar
- 1 Tbl fresh lime juice
- 1 Tbl honey
- 1/2 Tbl coconut aminos or low sodium soy sauce
- 2 Tbl olive oil or avocado oil
- 1 garlic clove, grated or minced
- 1/2 tsp grated fresh ginger
- Salt to taste

Remove the leaves and stems of the kohlrabi or save for a salad/sauté. Peel the thick outer layer of the bulb and either slice into thin match stick pieces, spiralize or process in a food processor using the shredding blade. Place prepared kohlrabi, shredded carrots and herbs in a medium bowl and set aside.

Whisk all dressing ingredients together and pour over salad. Toss and add more salt if needed. Place in fridge until ready to eat.

Recipe by Gabrielle Chronister



For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH