

Sauteed Kohlrabi (with the leaves)

This delicious vegan side dish uses both the kohlrabi bulb and greens (if you have them). It's easy and versatile, making it a good addition to any summer or fall meal.

Ingredients

- Vegetable broth as needed
- 2 pounds kohlrabi green or purple; about 2 medium bulbs (3 cups diced)
- ½ onion about ¾ cup diced
- 3 cloves garlic minced
- 2 teaspoons lemon zest from about 1 lemon
- ¼ to ½ teaspoon red pepper flakes
- ½ teaspoon dried thyme
- 2 cups chopped kohlrabi greens optional
- Salt to taste

Instructions

- Prepare the kohlrabi. Slice off the root, stems, and greens. Chop the greens into pieces and set aside (or discard if you don't want to use them). Use a paring or chef's knife to remove the outer skin on the kohlrabi bulbs. Then, cut them into cubes.
- Add the prepared kohlrabi and diced onion to the skillet. Add vegetable broth (a little at a time) if needed to prevent sticking. Cook for 15 minutes, stirring occasionally, until the kohlrabi softens.
- Stir in the minced garlic, lemon zest, red pepper flakes, and thyme. Cook for 1 to 2 minutes.
- Add the chopped kohlrabi greens (if using) to the pan. Cook for 4 to 6 more minutes, stirring occasionally, until wilted. Since kohlrabi greens can be tough, you can add ½ cup of water or broth to the skillet while they cook if desired. It will steam off while they cook and soften them. Season with salt to taste.
- Remove from heat, serve, and enjoy!

Notes

- Keep leftovers in an airtight container in the fridge for 3 to 4 days. Reheat in the microwave or a skillet until warmed through.

Nutrition

Serving: 1cup | Calories: 219kcal | Carbohydrates: 22g | Protein: 6g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Sodium: 65mg | Potassium: 1104mg | Fiber: 12g | Sugar: 9g | Vitamin A: 166IU | Vitamin C: 192mg | Calcium: 88mg | Iron: 2mg