

Cabbage-Kohlrabi Slaw



Serves 4

Ingredients:

- 1 medium kohlrabi or turnip cut into matchsticks
- $\frac{1}{4}$ head shredded cabbage
- Juice of $\frac{1}{2}$ a lemon
- $\frac{1}{4}$ cup chopped dill
- $\frac{1}{2}$ clove minced garlic
- 1 teaspoon Dijon mustard
- 3 Tablespoons of olive oil
- Salt and pepper, to taste

Instructions:

1. Whisk the lemon juice, dill, garlic, Dijon mustard, salt and pepper in a bowl.
2. Whisk in olive oil.
3. Toss mixture with the kohlrabi or turnips and cabbage.
4. Salt and pepper to taste.

Nutrition per serving: Calories 116; Total Fat 10.3 g; Saturated Fat 1.4 g; Monounsaturated Fat 7.4 g; Polyunsaturated Fat 1.1 g; Total Carbohydrates 5.9 g; Dietary Fiber 1.9 g; Sugar Alcohols 0.0 g; Sugars 3.2 g; Protein 1.1 g; Sodium 100 mg