

Roasted Kohlrabi

Kohlrabi, a member of the cabbage family can take on the role of potatoes when roasted with garlic but with less than a third of the carbohydrates. Most farmers markets will have kohlrabi. Kohlrabi also tastes delicious sliced raw in salad.

6 Servings

Serving size ½ cup

Prep time: 10 minutes

Cooking time: 30-35 minutes

2 lbs. kohlrabi, peeled and cut into large chunks

1 Tbsp. olive oil

1 Tbsp minced garlic

Salt and pepper to taste

Balsamic vinegar (optional, for drizzling over dish)

1. Preheat the oven to 450 degrees F. In a bowl, combine all the ingredients other than balsamic vinegar, and toss well.
2. Arrange the kohlrabi in a single layer on a baking sheet. Roast the kohlrabi for about 30-35 minutes, stirring every 10 minutes or so to prevent burning.
3. Drizzle with balsamic vinegar if desired.

Nutrition Facts:

Calories: 50 Total Fat: 2.5g Cholesterol: 0mg Sodium: 20 mg (if no salt is added)

Total Carbohydrate: 7g Fiber: 1g Protein: 2g