



Community Recipe  
from [Liza3xchrn]



## Kale & Kohlrabi Salad

Light and crisp with a zing!

Yield: 4 servings

### Ingredients

1 whole(s) Kohlrabi thinly sliced	4 tablespoon(s) olive oil
1 bunch(es) Kale chopped	1 lime
5 whole(s) radishes thinly sliced	1 teaspoon(s) salt
1 clove(s) garlic minced	1 teaspoon(s) pepper
2 tablespoon(s) red wine vinegar	1/4 cup(s) sunflower seeds

### Preparation

Zest lime & squeeze juice in large bowl. Add half of olive oil, S&P to taste and set aside

On a mandolin slice kohlrabi, and radishes, add to bowl of dressing.

In sauté pan add last half of olive oil, garlic, kale & S&P, stir until kale is wilted and flavors absorbed.

Add kale to kohlrabi/radish mixture. Add sunflower seeds and stir to combine.

Refrigerate until ready to eat.

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[Kale & Kohlrabi Salad recipe](#)

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