

Kohrabi Home Fries



*6 kohlrabi
1 tablespoon butter
salt and pepper*

Cut leaves from stems and bulbs. discard stems.

Bring a pot of water to a boil with whole Kohrabi bulbs and cook for 15-20 minutes or until a sharp knife easily pierces the skin.

Roll leaves into lengthwise stacks of 4 or 5, slice thinly across the grain and set aside.

When kohlrabi is cooked, drain and remove all of the tough skin with a pairing knife and cut into cubes.

Melt butter in a very hot skillet and toss bulb cubes into butter to brown 3 -4 minutes, toss sliced leaves in for 1-2 just to warm through.

Sprinkle with salt and pepper.

Kohrabi is a much less starchy, lower cal root vegetable than potatoes and they deliver virtually the same nutrients.

Per Serving (excluding unknown items): 128 Calories; 12g Fat (77.2% calories from fat); 2g Protein; 6g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 136mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fat.