



KOHLRABI

- Kohlrabi has a mild turnip flavor and is delicious mixed with carrot or on its own.
- It is rich in vitamin C and dietary fiber.
- It is a low in calories, fat and cholesterol.
- Use it raw, chopped in a green salad, or cooked as below. Have fun!

Kohlrabi and Carrots - makes 4 servings

Ingredients:

1 medium kohlrabi, peeled, chopped into 3/4—inch cubes (about 2 cups)

4 large carrots, cut into chunks to match the size of the kohlrabi

1/4 teaspoon nutmeg

1 tablespoon margarine or butter (optional)

Salt and pepper

Directions:

1. Cover the kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes).
2. Drain the water from the pan.
3. Lightly mash, leave a lot of texture - **don't try to make them smooth like mashed potatoes.**
4. Add nutmeg and margarine or butter.
5. Add salt and pepper. Serve.

Nutritional information: 30 calories; 0 grams fat, 0 grams saturated fat, 0 grams cholesterol, 50 grams sodium, 7 grams carbohydrate, 2 grams fiber. Note: these figures are if no butter or margarine is used.



BOK CHOY RECIPE

INGREDIENTS:

1 1/2 pounds bok choy or baby bok choy
2 tablespoons any oil
3 cloves garlic, finely minced
3 tablespoons broth or water
salt to taste

DIRECTIONS:

1. Start by trimming the stem off - don't trim too much - just the end. Separate out the leaves; keep the tender center whole. Clean under running water. Drain, pat dry.
2. Finely mince garlic.
3. Place wok or frying pan on your stove and pour in the cooking oil. Add the garlic. Turn the heat to medium-high. Let the garlic gently sizzle in the oil. When the garlic is light golden brown, add the bok choy leaves. Toss very well to coat each leaf with the garlicky oil for 15 seconds. Pour in broth. Immediately cover and let cook for 1 minute.