

Ingredients:

- 1 large orange, peeled and diced
- 1 cup diced kohlrabi
- 2 teaspoons vegetable oil
- 1/2 teaspoon finely chopped garlic
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons golden raisins
- 2 cups chopped romaine lettuce



Directions:

1. Wash hands with soap and warm water. Wash fresh produce before preparing.
2. Peel orange and trim away white pith and discard. Cut orange into 1/2 inch cubes and transfer diced orange with juices from cutting board into a medium size mixing bowl.
3. Peel kohlrabi and discard peel. Cut kohlrabi into 1/2 inch cubes. Add to mixing bowl with the oranges.
4. Add oil, garlic, salt, pepper, raisins, and romaine lettuce. Toss well and serve.

Nutrition Facts (Per Serving)

Calories, 140 ; Carbohydrates, 23 g; Protein, 3 g; Total Fat, 5 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 5 g; Total Sugars, 17 g; Sodium, 140 mg; Calcium, 80 mg; Folate, 103 mcg; Iron, 1 mg.

Makes 2 servings, approximately 1 1/2 cup each



Citrus Kohlrabi Salad

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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