



Kohlrabies with Tomatoes and Peppers



4 c. diced kohlrabies
 2 T. butter
 1 clove garlic, minced
 1 small onion, chopped
 1 small green pepper, chopped

2 tomatoes, peeled,
 seeded and chopped
 1 tsp. parsley
 salt and pepper to taste

Cook kohlrabies approximately 5 minutes. Drain and set aside. Melt butter in a large skillet. Sauté garlic, onion and green pepper 2 minutes. Add tomatoes and parsley; cook 2 more minutes. Add kohlrabies and sauté another 2 minutes. Season to taste with salt and pepper.

Makes 8 - 1/2 cup servings.

Hint: Peeled, raw kohlrabies are great with dips or sliced into salads.

Nutrition Facts	
Serving Size (112g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 2g	
Vitamin A 6%	Vitamin C 90%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 8 • Carbohydrate 4 • Protein 4	