# Crunchy Kohlrabi Salad
*6 servings*

Make your salad pop with color and flavor by including fresh or dried fruits, seeds, and nuts. Include seasonal vegetables for variety throughout the year.



- 2-3 kohlrabi (2 cups), scrubbed with clean vegetable brush under running water, peeled, and cut into matchsticks
- 1 apple, gently rubbed under running water, cored, and cut into matchsticks
- ¼ cup dried cranberries or raisins
- ¼ cup sunflower seeds
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon maple syrup
- 1 teaspoon mustard (Dijon or other)
- Salt and pepper to taste (optional)

1. Wash hands with soap and water.
2. Wash and prepare kohlrabi and apple.
3. In a large bowl, combine kohlrabi, apple, dried cranberries, and sunflower seeds.
4. To make the dressing, combine vinegar, vegetable oil, maple syrup, mustard, salt and pepper (if desired) in a small bowl until well combined.
5. Add dressing to salad and toss.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/2 cup):** Calories 110, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 15g, Fiber 3g, Total Sugars 11g, includes 5g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 6%.

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