

Kohlrabi Parmesan

- 3 tablespoons butter or olive oil
- 4 kohlrabies (about 1 pound), peeled and coarsely shredded (3 cups) – make sure you peel both the outer and inner tough layers (peel twice)
- 1 red bell pepper, chopped (3/4 cup)
- 1 carrot, coarsely shredded (1/2 cup)
- 2 scallions, chopped
- 1/4 cup grated Parmesan or Romano cheese
- 2 teaspoons fresh thyme or
- 1/2 teaspoon dried thyme (or basil)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

- In a skillet melt butter or heat oil.
- Stir in shredded kohlrabi bell pepper, carrot and scallions.
- Cook and stir for 4 to 5 minutes or until vegetables are crisp-tender.
- Stir in the cheese, thyme, salt and pepper.
- Sprinkle with additional cheese, if desired.

Nutritional Facts:640 Calories, 44g Carbs,46g Fat, 19g Protein, 490mg Sodium, 20g