

Roasted Kohlrabi

Ingredients:

2 cups	Kohlrabi, cleaned and trimmed
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
¼ teaspoon	Kosher or sea salt
1 teaspoon	Olive oil

Preparation:

Preheat oven to 400 degrees.

Lightly spray baking sheet with pan spray

Cut kohlrabi into planks then cut the planks into sticks. Place in medium sized bowl and add seasonings and oil then toss until evenly coated.

Place spread out on the lightly sprayed baking pan and then bake in oven for about 15-20 minutes or until golden brown!

Chef's Note: Other spices can be used to change up how you incorporate kohlrabi to your meals. Some ideas could be using cumin, garlic and onion powder with a little cayenne powder for your Spanish style meals, or adding fresh chopped thyme with the current recipe.

½ cup 30 calories

1 fat gram