

YIELD: 4 TO 6 SERVINGS

Sautéed Kohlrabi Greens Recipe

This delicious sautéed kohlrabi greens recipe is so easy to make! It's a great side dish.

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	12 minutes	22 minutes

Ingredients

- Kohlrabi greens from 4 kohlrabi bulbs
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 medium red onion, diced
- 3 cloves garlic, minced
- 1/2 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper



Instructions

1. Cut the stems and leaves off the kohlrabi bulbs.
2. Cut the stems into 1/4 inch pieces. Roughly chop the leaves into 1-inch strips.
3. Heat olive oil and butter in a large skillet over medium-high heat.
4. Once the butter is bubbling, add the diced onion. Sauté for 5 minutes, stirring occasionally.
5. Then add the chopped stems to the pan and sauté for 3 minutes.
6. Add the minced garlic and allow to sauté for 30 seconds, stirring often.
7. Add the kohlrabi leaves to the pan and toss to combine. Allow the leaves to cook for 5 to 7 minutes or until they are tender, stirring occasionally.
8. Remove the pan from the heat and stir in the lemon juice, salt, and pepper.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 126 TOTAL FAT: 7g SATURATED FAT: 2g TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 8mg
SODIUM: 329mg CARBOHYDRATES: 15g FIBER: 8g SUGAR: 5g PROTEIN: 5g

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CUISINE: American / CATEGORY: Side Dishes

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