



**COOKING WITH
LOCAL FOOD**

KOHLRABI COLESLAW

Not your typical coleslaw, but it may become your new favourite. Dressed with a light vinaigrette it leaves room to add your favourite nuts or seeds for added crunch.



KOHLRABI COLESLAW

- Peel outer skin from kohlrabi and slice into very thin matchstick pieces. Cut apple into the same sized matchstick pieces. Use a mandolin if available.
- Combine thinly sliced kohlrabi, apple, shredded carrot, shredded cabbage, thinly sliced onion, and parsley in a large bowl. In a separate bowl, whisk together grapeseed oil, apple cider vinegar, honey, salt and pepper. Pour over kohlrabi and toss well.
- Refrigerate for 2 hours before serving.

Cheers to good health & good food - Chef Susan Hoy

INGREDIENTS:

- 1 ½ **Innisfail Growers** kohlrabi
- 1 small **Innisfail Growers** carrot
- 1 ½ c shredded green cabbage
- ¼ c **Mountainview Colony** red onion
- ½ **Souto Farms Ambrosia** apple
- 2 tbsp fresh parsley
- 4 tbsp grapeseed oil
- 2 tbsp apple cider vinegar
- 1 tbsp **Ryan's Honey**
- ¼ tsp salt
- ⅛ tsp black pepper



Find it all here:

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