



Kohlrabi Salad

- 2 heads kohlrabi
- 1 apple, such as Gala
- ¼ cup rice vinegar
- 1 Tbsp sesame or olive oil
- 1/8 tsp chili powder, or to taste
- 2 pinch cumin
- 1 tsp low-sodium soy sauce
- ¼ cup chopped cilantro

1. With a sharp knife, cut off the “branches” or the kohlrabi, and peel it with a paring knife or vegetable peeler.
2. Cut the kohlrabi and apple into matchsticks.
3. Toss the kohlrabi and apple with the remaining ingredients. Chill before serving.



Makes: 4 servings

Nutrition Information:

CALORIES 90 (33% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 60mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 2%



Pear Pudding

- 5 Bartlet, D’Anjou, or Comice pears, peeled, cored, & sliced
- 3 cups skim milk
- ½ cup, plus 1 Tbsp, uncooked cream of rice or cream of wheat
- ¼ tsp salt
- ½ tsp finely chopped ginger (or 1/8 tsp ground ginger)
- ½ cup maple syrup

1. Preheat the oven to 350°F. Transfer pears to a baking dish, and set aside.
2. Heat milk in a small pot until almost at a simmer. Slowly add the cream of rice or wheat, whisking as you add. Add salt and ginger, and simmer on low for about 2 minutes. Stir in maple syrup.
3. Pour mixture over pears. Bake for 20 minutes, or until pears are tender.



Makes: 4 servings

Nutrition Information:

CALORIES 390 (3% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 89g; FIBER 13g; PROTEIN 11g; CALCIUM 45%; IRON 35%