



## Cabbage & Kohlrabi Salad

4 servings

8 minutes

### Ingredients

534 grams Napa Cabbage (chopped)  
405 grams Kohlrabi (peeled, sliced into matchsticks)  
44 milliliters Extra Virgin Olive Oil  
22 milliliters Lemon Juice  
9 grams Chives (chopped)  
5 grams Dijon Mustard  
5 milliliters Apple Cider Vinegar  
3 grams Maple Syrup  
3 grams Sea Salt  
283 grams Chicken Breast, Cooked (shredded or chopped)

### Nutrition

Amount per serving	
Calories	263
Fat	13g
Saturated	2g
Carbs	15g
Fiber	7g
Sugar	8g
Protein	25g
Cholesterol	74mg
Sodium	390mg
Potassium	874mg
Vitamin A	288IU
Vitamin C	115mg
Calcium	85mg
Iron	1mg
Vitamin D	1IU
Vitamin E	3mg
Vitamin K	112µg

### Directions

- 1 In a large bowl, add the cabbage and kohlrabi.
- 2 In a small bowl, whisk together the olive oil, lemon juice, chives, mustard, apple cider vinegar, maple syrup, and salt.
- 3 Pour the dressing over the salad and mix well with your hands. Top with the chicken and enjoy!

### Notes

**Leftovers:** Refrigerate the leftover salad and dressing separately for up to three days.

**Serving Size:** One serving is about 1 1/2 cups salad.

**Additional Toppings:** Add sliced apple.

**Make it Vegan:** Omit the chicken or use tofu, tempeh, or chickpeas instead.

**No Apple Cider Vinegar:** Use rice vinegar or red wine vinegar instead.



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Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	9mg
Vitamin B6	1.1mg
Folate	77µg
Vitamin B12	0.2µg
Phosphorous	266mg
Magnesium	61mg
Zinc	1mg
Selenium	21µg