



Kohlrabi Spring Salad

with Pepita-Sesame Seed Dressing

Recipe created by Carlene McIntyre

Kohlrabi is a cruciferous vegetable that is crunchy and has a mild taste. Peeled and sliced, raw kohlrabi makes a great addition to salad or slaw.

Salad:

- 2 kohlrabi, peeled & sliced into matchsticks
- 1 red bell pepper, sliced into matchsticks
- 2 carrots, peeled & sliced into matchsticks
- ½ red onion, diced
- 10 oz spring mix (or 5 oz spring mix plus 5 oz arugula or baby kale), chopped

Dressing:

- ½ cup raw unsalted pepitas
- ½ cup raw unsalted sunflower seeds
- 2 cloves garlic, minced
- ½ tsp cumin
- ½ tsp fresh ground black pepper
- ⅛ tsp cayenne
- salt substitute, if desired (optional)
- ¼ cup lime juice (or lemon juice)
- ½ cup water
- ¼ cup fresh basil, chopped

Preparation

- Prepare the salad ingredients and put them in a large bowl.

Dressing:

1. Place pepitas and sunflower seeds in a high-speed blender and blend until the seeds have a consistency like flour.
 2. Add the remaining ingredients except fresh basil and blend until smooth.
 3. Stir in fresh basil.
- Pour the dressing over the salad and stir to distribute evenly.



Notes

- Store leftover salad in a sealed container in the refrigerator.
- Consider adding other vegetables or fruit to the salad - roasted corn, asparagus, grapes, orange sections, etc.
- I like the vegetables chopped or sliced into small pieces because it blends the different tastes and textures well, but if you don't feel like going to all that trouble and just cut everything up however it's easiest, the salad will still taste great.