



FRIED KOHLRABI & PEPPERS

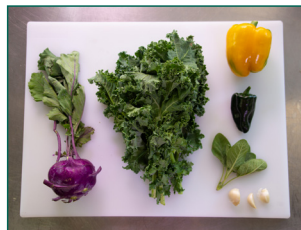
PREP TIME: 15min

COOK TIME: 20min

SERVINGS: 3-4

Ingredients

1 kohlrabi
1 bell pepper
1 poblano pepper
6 leaves kale
1 tbs sage
2-3 cloves garlic



- 1** remove leaves, peel kohlrabi, and medium dice; strip kale leaves from stems and tear into bite size pieces; small dice peppers; finely chop sage; and mince garlic
- 2** bring olive oil to medium heat in pan, saute kohlrabi for about 10min stirring frequently, add peppers for about 5min, and add sage and garlic for 1min or until fragrant
- 3** turn off heat, add kale, salt and pepper to taste, and cook kale down for about 2-4 min before serving



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