

Marinated Kohlrabi with Kale

Kale and Kohlrabi are two amazingly healthy vegetables that are in season right now, and this recipe is a good compliment to almost any main dish we cook. Thanks to Farmer Dave and Michelle (who is also the source of our favorite Sweet and Sour Brisket recipe).

Ingredients:

1/2-3/4 lb kohlrabi

1/4 tsp lime zest

1 Tablespoon fresh Lime Juice

1 Tablespoon Olive Oil

1/4 teaspon sea salt

1/4 teaspon fresh ground pepper

1 pound of finely chopped Kale, stems and center ribs discarded

1 Tablespoon Olive Oil

2-3 garlic cloves, finely chopped

1/4 teaspoon sea salt

optional: 2 Tablespoons of pistaschios or other nuts

Peel and slice Kohlrabi into very thin slices.

Whisk together next 5 ingredients in large bowl. Add Kohlrabi and mix well. Let it marinade while cooking the kale.

Heat olive oil in large skillet or heavy soup pot (Seymour likes our 12" cast iron pan best, I like a pan with higher sides) over medium high heat and sautee garlic until light golden color.

Add kale, stirring to coat with the olive oil and sautee until it is evenly wilted. Add salt and cook until just tender.

Remove from heat and allow to cool to room temperature. Toss with kohlrabi and add nuts if desired for extra crunch.

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