



Kohlrabi and Apple Salad with Lime Dressing

Ingredients

- **3** medium kohlrabis, peeled and thinly sliced
- **2** medium Granny Smith apples, cored and julienned
- **2** green chilies (optional)
- **2** green onions, thinly sliced
- Sprinkling of fresh herbs (mint, coriander, basil)

Dressing:

- Juice of **2** limes,
- **1 tsp.** lime zest (a bit more if you like)
- **1 tsp.** toasted sesame oil
- **1 tsp.** honey
- **1** clove garlic, grated
- **¼ cup** light oil (grapeseed, avocado)
- **2 tbsp.** sour cream or crème fraîche
- salt

Directions

1. Peel kohlrabis, being sure to remove all of the thick outer skin.

2. Cut into four sections and thinly slice each one crossways. You can use a mandolin.
3. Core the apples, slice thinly in one direction, then in the other to make a fine julienne. Sprinkle immediately with a bit of the lime juice to prevent oxidation.
4. Slice the chilies thinly after removing seeds and membranes.
5. Combine dressing ingredients in a jar or small bowl and shake or mix thoroughly. Taste and adjust to your own taste.
6. Pour a little over salad, just enough to lightly dress the salad.
7. Sprinkle with the green onions and herbs and a light sprinkle of sesame seeds, if desired.
8. There will be enough dressing for several salads. It is excellent for coleslaw or beet and apple slaw, etc.

