

APPLE AND KOHLRABI CRUNCH SALAD



INGREDIENTS:

- 1 large kohlrabi, peeled and cut into matchsticks
- 1 large apple, cored and cut into matchsticks
- 3 Tablespoons sunflower seeds
- 3 Tablespoons Craisins
- ½ cup Poppyseed dressing

INSTRUCTIONS:

1. Place all ingredients in a bowl, toss to combine.
2. Eat and enjoy!

Harvest
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Month™

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HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

Yield: 4-5 servings

Source: Adapted from cookieandkate.com

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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