

Kohlrabi Salad with Nectarines & Chioggia Beets



salad appetizer side gluten-free vegetarian low-fat low-carb beet kohlrabi radish almond

Ingredients (3-4 salads)

- 1 bunch baby kohlrabi
- 2 nectarines
- 1 chioggia beet
- 2 radishes
- 1 tablespoon finely minced shallots
- 1 teaspoon finely minced ginger
- 2 tablespoons olive oil
- juice of 1/2 lemon
- 2 teaspoons Dijon mustard
- 1/2 teaspoon honey
- salt & pepper, to taste
- 1/4 cup toasted (slivered or sliced) almonds
- 1 ounce semifirm cheese (I like one that combines cow, sheep and goat's milk)
- mint (for garnish)

Instructions

1. Peel kohlrabi & beet and thinly slice with a mandoline. Thinly slice radish and nectarine.
2. Using the whisking attachment of immersion blender, combine shallots, ginger, olive oil, lemon, mustard, honey and salt & pepper. Taste test and add more ingredients to your liking if necessary.

Toss vegetables with dressing and top with almonds and cheese. Garnish with sprig of fresh mint.