



A recipe for an unusual and refreshing coleslaw made with kohlrabi, apple and fresh mint. Weight Watchers 0-1 points but tastes like more.

~recipe & photo updated 2010~

2008: What a salad! With ribbons of fresh mint, it has a summery taste and feel. The kohlrabi and apple meld so beautifully together that for anyone prone to hiding vegetables amid fruit, well, you're not likely to get caught. And I love-love-loved the dressing, just a small bit of cream whipped into pillows, then stirred with lemon juice, good mustard and salt and pepper. It occurs to me -- ha! -- that homemade creamy coleslaw dressing is what creamy coleslaw dressing is *supposed* to taste like! It's that good! This dressing will be repeated, truly, perhaps to change it up some times, with sour cream or Greek yogurt, with lime juice or maybe a delicate vinegar. This salad is almost like a sweet-ish [Celeriac Rémoulade](#) and in fact, I'd interchange the sauces and the vegetables for these two recipes in a heartbeat.

IS RED KOHLRABI RED INSIDE? A grocery-store scout tipped me off that a local store was carrying 'red kohlrabi', whose color must have been named by someone color blind for red kohlrabi is the the same color as, um, oops, red cabbage -- that is, they're both purple. But red kohlrabi is white inside, just like green kohlrabi, just like a red-skinned apple is white-fleshed. (Photo of [red kohlrabi and green kohlrabi](#).)

2010: Once again, I'll say, what a salad! This is such a sweet change from cabbage slaw, lighter, less picnic-ish, a lovely bed for fish, say, [Roasted Salmon & Asparagus](#). The dressing is light and airy, not in the least bit heavy like commercial salad dressings. This recipe is a *complete* keeper. I did get out the [Benriner](#) to cut the kohlrabi and apple which made, I thought, for nice presentation.

KOHLRABI & APPLE SLAW with CREAMY COLESLAW DRESSING

Hands-on time: 25 minutes

Time to table: 25 minutes

Makes 4 cups, easily adapted for less

DRESSING

1/4 cup cream

1 tablespoon fresh lemon juice

1/2 tablespoon good mustard

1/2 teaspoon sugar

Salt & pepper to taste - go easy here

Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner

2 apples, peeled, grated or cut into batons (try to keep equivalent volumes of kohlrabi:apple)

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

NUTRITION ESTIMATE

Per Half Cup: 46 Cal (26% from Fat, 9% from Protein, 64% from Carb); 1 g Protein; 2 g Tot Fat; 1 g Sat Fat; 0 g Mono Fat;

8 g Carb; 3 g Fiber; NetCarb5; 5 g Sugar; 21 mg Calcium; 0 mg Iron; 24 mg Sodium; 5 mg Cholesterol; Weight Watchers 0 points
Per Cup: 93 Cal (26% from Fat, 9% from Protein, 64% from Carb); 2 g Protein; 3 g Tot Fat; 2 g Sat Fat; 1 g Mono Fat; 17 g Carb; 5 g Fiber; NetCarb12; 10 g Sugar; 43 mg Calcium; 1 mg Iron; 48 mg Sodium; 10 mg Cholesterol; Weight Watchers 1 point

TODAY'S VEGETABLE RECIPE INSPIRATION Gourmet October 1992

ALANNA's TIPS & KITCHEN NOTES

- ❖ 2008: The inspiring recipe called for a tart Granny Smith. I used sweeter apples and liked it fine - but tart would be good, too. 2010: I used a Granny Smith apple, the tartness is excellent.
- ❖ Once grated, the apple begins to brown instantly so move it straight into the dressing and toss right away.
- ❖ That said, once the apple/kohlrabi were in the salad, it didn't turn brown for a couple of hours (if it would have stayed white longer, I don't know, it didn't last!)
- ❖ 2008: NEXT TIME For a less rustic presentation, I will get out the [Benriner](#) and use the medium blade. It would also be pretty with just a spoonful or two tucked into a pocket of Boston lettuce.