

# Kohlrabi & Watercress Salad

4 servings

## Ingredients

- 3 medium kohlrabies
- ½ cup Greek yogurt
- ½ cup sour cream
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 2 tbsp mint, finely chopped
- 1 tsp dried mint
- 1 cup baby watercress
- ¼ tsp sumac
- Salt and pepper, to taste

## Instructions

1. Peel and dice kohlrabies into 2/3-inch cubes and set aside.
2. Put the yogurt, sour cream, garlic, lemon juice, fresh & dried mint, and olive oil in a medium bowl. Add a pinch of salt and a few grinds of pepper. Whisk until smooth.
3. Add diced kohlrabi and watercress. Toss until coated with the dressing.

### Nutrition Facts:

Calories: 138, Fat: 9.5g, Fiber: 4g, Protein: 6g,  
Vitamin C: 106%, Calcium: 10%

Not sure what to do with your leftover sumac? Try dusting it over your popcorn!