

Kohlrabi Fries

1 kohlrabi root with stems removed
1 Tbsp. melted coconut oil or olive oil
sea salt or kosher salt
chili powder and ground cumin

Preheat oven to 425 F. To prepare kohlrabi, wash and then peel. It is a hard and large root, so be careful. I would recommend holding your root against your cutting board and peeling straight onto that instead of into the sink. Then cut the kohlrabi into “fry-sized” sticks. First, cut the root in half and then with each half, cut the sticks.

Toss kohlrabi with a generous pinch of salt and the coconut oil on a baking sheet.

Optional (but delicious): Sprinkle with lots of chili powder (basically until they look pretty well covered) and a smaller amount of ground cumin (these aren't “spicy” spices, so you don't have to worry too much about the heat). Bake for 30 minutes, flipping or shaking around once in the middle. Eat with ketchup or other dip of choice.

Adapted from Lizzy in the Kitchen blog