

Sautéed Kohlrabi & Apples

- 4 cups of Kohlrabi, peeled and cut into chunks
 - 1 Green Apple, peeled and cut into chunks
 - 2 TBSP of Butter or Ghee
 - 1-2 TBPS of Parsley, roughly chopped
1. Place the Kohlrabi in one pan with 1.5 Tbsp of butter or ghee. Sauté for 10 minutes. Until golden brown.
 2. At the same time place the apple into a separate pan with .5 TBSP of butter. Sauté for 8-10 minutes.
 3. Once both are done cooking throw them into a bowl and mix with the parsley.

Eat and Enjoy!