



Kohlrabi “Linguine” with Tomato Basil Sauce

Servings

2

Calories

380

Prep Time

5 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

- 1 (10 ounce) bag Mann's Kohlrabi “Linguine”
- 1 (8 ounce) chicken breast tenderloins, cubed
- 2 tablespoons olive oil, extra virgin
- 1 pound Roma tomatoes, diced, ripe
- ½ yellow onion, diced
- ½ green bell pepper, sliced long and thin
- 1 tablespoon garlic, fresh, minced
- ½ tablespoon white vinegar
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon dry Italian seasoning
- 1 tablespoon fresh basil, chopped, plus a few whole leaves for garnish
- Salt and pepper, to taste



The Method

Heat oil over medium-low heat in a saucepan. Add garlic, onion, bell pepper and Italian seasoning.

Cook until onions and pepper are soft, about 5 minutes, stirring frequently. Add the diced tomatoes and remaining seasonings. Cover the pan and simmer over low heat for 15 minutes, stirring occasionally. Add the chicken, stir, cover and simmer for an additional 15 minutes. Add the vinegar to the pan and stir. Set aside.



Kohlrabi “Linguine” with Tomato Basil Sauce

Steam the Kohlrabi "Linguine" according to the instructions on the bag.

Spoon the tomato sauce over the noodles, garnish with fresh basil, and serve immediately.

Nutrition Facts

Serving Size: 541g | Servings: 2

Amount Per Serving

Calories 380 | Total Fat 18g (sat 2.5g trans 0g) | Cholesterol 85mg | Sodium 1310mg | Total Carbohydrate 24g | Dietary Fiber 10g
Sugars 12g (Includes 0g Added Sugars) | Protein 31g | Vitamin D 0% | Calcium 8% | Iron 10% | Potassium 35%