



Kohlrabi “Linguine” with Arugula and Parmesan

Servings

2

Calories

330

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (10 ounce) bag Mann’s Kohlrabi “Linguine”

3 tablespoons extra virgin olive oil

7 cloves garlic, minced

½ cup baby arugula

½ cup fresh Parmesan, shredded or shaved



The Method

Steam the Kohlrabi “Linguine” according to the instructions on the bag.

Heat olive oil in a sauté pan over medium-high heat. Add garlic and cook for 2-3 minutes, or until it begins to turn slightly golden. Remove from heat.

Stir in the Kohlrabi “Linguine,” arugula, and Parmesan cheese then toss until combined.

If desired, garnish with additional Parmesan cheese.

Recipe Provided by The Produce Moms

Nutrition Facts

Serving Size: 251g | Servings:8

Amount Per Serving

Calories 120 Calories from Fat 60 | Total Fat 6g (sat fat 3.5g trans 0g) | Cholesterol 15mg | Sodium 110mg | Total Carbohydrate 13g | Dietary Fiber 2g | Sugars 3g | Protein 5g | Vitamin A 150% | Vitamin C 30% | Calcium 8% | Iron 4%