



## today's main ingredient

A  LOCAL FOOD PODCAST



# Kohlrabi Chips with Ranch Dressing

*Recipe adapted from lowcarb papa.com*

*Prep Time: 15 minutes Cook Time: 25 minutes*

### INGREDIENTS – Serves 6

4 medium-sized kohlrabi, tough stems and leaves removed, skin peeled  
2 Tablespoons grapeseed oil or olive oil  
2 teaspoons salt  
Freshly ground pepper  
Pinch of cayenne pepper (optional)  
Ranch dressing

*Preheat the oven to 400°F*

**STEP 1** – Cut kohlrabi like French fries into 1/8-inch slices. Toss the kohlrabi with oil, salt, pepper and cayenne.

**STEP 2** – Place on a greased or parchment-lined baking sheet, and bake until golden brown and crisp on all sides, about 15-20 minutes. Toss halfway through cooking.

**STEP 3** – Depending on the size of each chip they will finish at different times. Remove individual chips as needed to paper towels when they are done.

**STEP 4** – Serve with ranch dressing and a sprinkle of more salt and pepper to taste.