**Kohlrabi Salad**

2 heads kohlrabi  
1 apple, such as Gala  
¼ cup rice vinegar  
1 Tbsp sesame or olive oil  
1/8 tsp chili powder, or to taste  
2 pinch cumin  
1 tsp low-sodium soy sauce  
¼ cup chopped cilantro

1. With a sharp knife, cut off the “branches” or the kohlrabi, and peel it with a paring knife or vegetable peeler.  
2. Cut the kohlrabi and apple into matchsticks.  
3. Toss the kohlrabi and apple with the remaining ingredients. Chill before serving.

Makes: 4 servings  
Nutrition Information:  
CALORIES 90 (33% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 60mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 2%

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**Pear Pudding**

5 Bartlet, D’Anjou, or Comice pears, peeled, cored, & sliced  
3 cups skim milk  
½ cup, plus 1 Tbsp, uncooked cream of rice or cream of wheat  
¼ tsp salt  
½ tsp finely chopped ginger (or 1/8 tsp ground ginger)  
½ cup maple syrup

1. Preheat the oven to 350°F. Transfer pears to a baking dish, and set aside.  
2. Heat milk in a small pot until almost at a simmer. Slowly add the cream of rice or wheat, whisking as you add. Add salt and ginger, and simmer on low for about 2 minutes. Stir in maple syrup.  
3. Pour mixture over pears. Bake for 20 minutes, or until pears are tender.

Makes: 4 servings  
Nutrition Information:  
CALORIES 390 (3% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 89g; FIBER 13g; PROTEIN 11g; CALCIUM 45%; IRON 35%