

Apple-Carrot-Kohlrabi Salad



Grade Level: 6-8
Lesson Time: 45 minutes
Recipe Level: Easy

Background

This lesson was taught in late fall when apples, carrots, and kohlrabi were available locally. This is a perfect zippy seasonal snack. You can add in any crunchy veggies that you like, or even raisins and nuts. This simple recipe with familiar ingredients like apples and carrots was a great way to introduce kohlrabi, a vegetable that was new to most students. This is also a recipe that students could complete start-to-finish in our 45 minute time period with minimal prep by the guest chefs. No cooking is needed, so this recipe can be made in any classroom.

Ingredients per group of 4

2 apples	¼ cup apple cider
1 small kohlrabi	3 Tbsp apple cider vinegar
2 carrots (peeled)	¾ cup olive oil
2 or 3 scallions	1 small grated shallot
	big pinch of salt
	dash of pepper

Objectives

Students will:

1. Gain comfort with basic food preparation techniques.
2. Learn to work safely in the kitchen.
3. Strengthen communication and team building skills.
4. Demonstrate ability to prioritize and follow recipe steps.

Equipment

For each work station:

Cheese grater
Vegetable peeler
Wooden mixing spoon
Cutting board and knife
Measuring cups and spoons
Small mixing bowls (2)
Whisk or fork

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Preparation

1. Students should be divided into groups of 3 or 4. You may want to establish these groupings ahead of time to try to assure the best possible outcome for students.
2. Students should read the recipe together as a group, but one student should be assigned to make sure the recipe is being followed. Another student should be responsible to collect ingredients, and another should make sure everything is cleaned-up properly. However, they should all work together to complete required tasks.

Procedure

1. Hand out recipes. Highlight the use of any local ingredients and their source.
2. Send students to their kitchen stations and give them a few minutes to read and discuss the recipe. Answer any questions they may have.
3. Discuss proper handling of ingredients and tools. For instance, students may need instruction on grating the veggies.
4. Make sure students wash hands.

Making the Recipe

1. Wash all fruits and veggies.
2. Peel the carrots and the kohlrabi.
3. On a cutting board, slice the scallions thinly.
4. With the cheese grater, grate the apples (watch out for the core!), the carrots, and the kohlrabi. Mix all together in a mixing bowl.
5. In a second mixing bowl, whisk together the apple cider, apple cider vinegar, olive oil, shallot (optional), salt and pepper. Add more olive oil or salt and pepper to make it taste how you like it.
6. Pour some of the salad dressing over the grated salad, and toss to coat. Save the rest of the dressing in a jar in the refrigerator, and use on salads or when you make this again.
7. Toss in the scallions.
8. Eat and enjoy!

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