Kohlrabi Mash

**INGREDIENTS**
- 1 large kohlrabi
- 1 medium sweet potato, peeled and chopped into bite-sized pieces
- 1-2 tablespoons unsalted butter
- Salt
- Black pepper
- Fresh thyme or rosemary, chopped (optional)

**PEAK SEASON** September–December
DIRECTIONS

1. In a medium-sized pot, add the sweet potato, salt, and water; and bring the pot to a simmer.

2. While the water simmers, use a knife to remove the stalks from the kohlrabi and peel about 1/8 inch of the hard skin off the kohlrabi bulb. Once you reach the soft, fleshy part of the bulb, chop into bite-sized pieces.

3. Add the kohlrabi to the pot with the sweet potato, and cook for 20-25 minutes until the vegetables are tender.

4. Once tender, drain the vegetables and return them to the same pot over low heat. Stir constantly, so the excess water can evaporate.

5. After 2 minutes, turn the heat off. Add the butter and mash the vegetables until smooth. Season with salt and black pepper to taste. For extra flavor, add fresh herbs, like thyme or rosemary.

Nutrition tip:
Kohlrabi is in the cabbage family and is a cruciferous vegetable. It’s known to fight cancer, improve heart health, decrease the risk of diabetes and obesity, and lower blood pressure.