

Kitchen Prescription

Healthy Recipe Favorites from
Cleveland Clinic Nutrition & Culinary Experts



Culinary Medicine – What is it?

Culinary Medicine at the Cleveland Clinic combines the evidence-based science of food, nutrition and medicine with the joy and art of cooking. So whether you're trying to lose weight or better manage chronic conditions, we offer Culinary Medicine education so you won't compromise the TASTE of your meals or your HEALTH!

Culinary Medicine Techniques

In this edition, the "Kohlrabi and Apple Salad" recipe will show you how to make a great salad or snack without any added oil or sugar. Kohlrabi is a member of the cabbage family related to turnips, but unlike the bitterness of white turnips, Kohlrabi ends on a sweet note that makes it a fabulous backdrop food to pair with apples. So not only does it win an award for flavor and texture, it also contains 140% of the RDA for vitamin C. It is nutrient dense. One raw cup contains only 36 calories and provides 5 grams of dietary fiber. The apples pair perfectly with Kohlrabi and are nutrition rock stars in their own right providing a spectrum of vitamins and other health promoting phytonutrients.

Want to learn more!

Cleveland Clinic Center for Integrative and Lifestyle Medicine offers:

- Individual Culinary Medicine Consults.
- "Culinary Medicine for Chronic Disease" Shared Medical Appointments (SMAs)
- "Lifestyle Essentials" & "Living Well After Breast Cancer" SMAs

The culinary medicine components of these SMAs are conducted in our culinary medicine teaching kitchen under the guidance of physicians and professional chefs.

See clevelandclinic.org/integrativemedicine for more information.

Kohlrabi and Apple Salad

Makes 6 Servings –
Serving Size: 1 cup

Ingredients:

- 1 Apple, cut into ¼ inch by 2 inch strips
- 26 ounces kohlrabi, peeled, cut into ¼ inch by 2 inch strips
- ½ cup Lime juice
- ½ teaspoon salt
- 1 Tablespoon Cilantro, chopped

Procedure:

1. In a large mixing bowl, combine lime juice, salt and mix well.
2. Add kohlrabi, apple and cilantro. Toss until thoroughly coated and serve.

Nutritional Information per Serving:

Calories: 60	Cholesterol: 0mg	Protein: 2g
Sodium: 190mg	Saturated Fat: 0g	Carbohydrate: 14g
Sugars: 7g	Fiber: 5g	

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Simply prepare this recipe at home, or use the above **Culinary Medicine Techniques** in a recipe of your own, and send a photo to wellness@ccf.org by December 31, 2019. Your photo will be featured on the Employee Wellness website, so, be creative with it! You will also be entered into a drawing for a chance to win **\$25 Amazon gift card!**