



Weight Loss Done Right!

Kohlrabi Fries

Ingredients:

- 2 Cups of Kohlrabi
- 2 tsp Olive Oil (or other Healthy Fat on Phase 1 list)
- ½ tsp Paprika
- 1 tsp Ground Cumin
- ½ tsp Sea Salt
- ½ tsp Pepper
- 1 Tbs Walden Farms Ketchup

Directions:

1. Peel the kohlrabi and cut into French fry style sticks.
2. Coat sticks in olive oil, paprika, cumin, salt and pepper.
3. Toss and coat well.
4. Bake at 425 degrees for 40 min turning halfway through. (May use Air Fryer).

*Makes 2 cups of select veggie, your daily allotment of oil and an extra if use ketchup.