



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

SUGAR SNAP PEA & KOHLRABI SALAD WITH GARLIC SCAPE YOGURT DRESSING

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

- 1 pound sugar snap peas*, trimmed and de-stringed
- 1 pound kohlrabi, peeled and diced
- 1 medium carrot, peeled and grated
- ½ cup raisins

Garlic Scape Yogurt Dressing:

- 1 cup natural plain yogurt*
- 2 tablespoons white balsamic vinegar
- 4 garlic scapes*, minced
- ½ ounce fresh basil*, chopped
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- Pinch black pepper

Directions:

1. In a small bowl, whisk together yogurt, white wine balsamic vinegar, garlic scapes, and basil. Slowly stream in olive oil while stirring, then season with salt and black pepper. Set aside.
2. Steam sugar snap peas until barely tender, about 2 minutes. Let cool completely, then slice into ½-inch pieces.
3. In a large bowl combine sugar snap peas, kohlrabi, carrot, and raisins. Toss with dressing and serve.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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