### Kohlrabi Chicken Salad with Roasted Plum

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td><strong>Chicken</strong>, roasted and pulled (Alternate: fajita chicken, pre-cooked)</td>
<td>1 – 1½ lb (approx 2 ½ lbs chicken)</td>
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<tr>
<td><strong>Kohlrabi, bulb, green/purple, fresh</strong>, peeled and julienned</td>
<td>4 ½ cups (6 bulbs)</td>
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<tr>
<td><strong>Kohlrabi, top, fresh</strong>, tear into ½” pieces</td>
<td>2 cups</td>
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<tr>
<td><strong>Broccoli, florets, fresh</strong></td>
<td>2 cups</td>
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<tr>
<td><strong>Plums, fresh</strong></td>
<td>5 ea</td>
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<tr>
<td><strong>Green onions, fresh</strong>, chopped</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Sesame oil</strong></td>
<td>1 oz</td>
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<tr>
<td><strong>Olive oil</strong></td>
<td>1 oz</td>
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<tr>
<td><strong>Soy sauce</strong></td>
<td>2 oz</td>
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<tr>
<td><strong>Rice vinegar</strong></td>
<td>2 oz</td>
</tr>
<tr>
<td><strong>Honey</strong></td>
<td>1 oz</td>
</tr>
<tr>
<td><strong>Sesame seeds, toasted</strong></td>
<td>¼ cup</td>
</tr>
<tr>
<td><strong>Salt &amp; Pepper</strong></td>
<td>to taste</td>
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</tbody>
</table>

**Dressing:**

- **Sesame oil**
- **Olive oil**
- **Soy sauce**
- **Rice vinegar**
- **Honey**
- **Sesame seeds, toasted**
- **Salt & Pepper**

**Directions**

1. **Preparation:** Roast chicken, cool, and pull muscle meat apart. 
   
   *CCP: Heat to 165° F or higher for at least 15 seconds. Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.*

2. **Preheat oven at 350 °F.**

3. **Make dressing:** In a bowl, mix all ingredients except salt and pepper well with a whisk. Add salt and pepper to taste.

4. **Roast plums in the oven for 8-10 minutes. Put aside to cool. Once cooled, peel and slice into ¼”**

5. **Make salad:** In a large bowl, add kohlrabi julienn with leaves, chicken, broccoli, green onion and plum.

6. **Pour dressing over, and toss well. Season to taste.**

7. **Sprinkle with sesame seeds**

   ➤ **Serve 1 cup (one 8 oz portion server or two No.8 scoops) per student**

**Option: Wrap Sandwich** (serve 1 wrap per student)

- i. Place a tortilla on a cutting board.
- ii. Place 1 cup (two No.8 scoops or one 8 oz portion server, do not overfill) of salad horizontally in front of you, slightly below the center of the tortilla.
- iii. With the sides folded in, use your thumbs to bring up the bottom of the tortilla. Tuck in the ends while bringing up the bottom flap.
- iv. Bring up the bottom of the tortilla and pull it tightly.
- v. Roll up the tortilla as tightly as you can, squeezing the roll back towards you as you go.
- vi. Press and create the end of the tortilla as you finish rolling it up.

§ WA product available when in season
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Tips & Variations:

- For **kohlrabi bulbs**, refrigerate for up to 10 days and wash before using. For **kohlrabi tops/leaves**, wash first, then refrigerate in a plastic bag wrapped in paper towels for up to 3 days.
- You can substitute half the green kohlrabi to **purple kohlrabi** to add color to the dish.
- By roasting, **plums** bring up the flavor even more. But adding fresh plum slices/wedges tastes as good!

Child Nutrition Program Food Components:

- ✓ 0.8 – 1.2 oz meat/meat alternative
- ✓ ⅖ cup vegetable (⅕ cup dark green vegetable)

**Kohlrabi** is an excellent source of **Vitamin C** and good source of **fiber**.

**Kohlrabi**, also called “German turnip”, shares the origin with cabbage, broccoli, cauliflower, kale, collard greens, and Brussels sprouts in nature.

**Kohlrabi** is eaten widely in Southeast Asia, India and an important part of the diet of Kashmir, northwestern region of the Indian subcontinent.