

KOHLRABI

Types

Kohlrabi comes in white, green, and purple, but when peeled they all have an ivory flesh. Kohlrabi tastes similar to crisp broccoli and has the texture of an apple.

Selection Info

If leaves are still attached, make sure they are bright green and firm. Avoid kohlrabi with wilted leaves, brown spots, or cracks.

Preparation

Always peel kohlrabi before using. If the leaves are still attached, remove them and use them as you would use spinach. Small kohlrabi are more tender, and you can peel them with a paring knife. Kohlrabi can be cut many ways including cubed, sliced, diced, and julienned.

Roast: Heat oven to 450°F. Peel and slice the bulb only into thick pieces, then cut in half. Drizzle olive oil over the pieces and place them in a single layer on a baking sheet. Sprinkle

slices with salt and pepper. Bake slices until brown (15-20 minutes), stirring occasionally.

Steam: Peel and cut kohlrabi into small chunks. Place the chunks in a saucepan with about half-inch of water and salt to taste. Bring the water to a boil, cover with a lid, then reduce the heat to steam the chunks for about 4-7 minutes. Drain the water and serve.

Grill: Slice into cubes and place them on a foil sheet. Drizzle the cubes with olive oil, salt, pepper, or other seasonings to taste. Pull the sides of foil up around the kohlrabi and place on a medium-high heated grill. Cook for 10-12 minutes or until tender.

Storage

Short-Term Storage: If leaves are still attached, cut them off and place the leaves in a damp paper towel in a loose plastic bag for up to three days. You can store kohlrabi bulbs in the refrigerator crisper drawer for about two weeks.

Long-Term Storage: Kohlrabi may be frozen. It is not recommended for canning.



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KOHLRABI SAUTE

Ingredients

- 4 medium kohlrabi globes (about 1 1/2 pounds without leaves, 2 pounds with leaves)
- 2 teaspoons olive oil
- 1 teaspoon minced, fresh ginger
- 2 tablespoons chopped shallot
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Remove kohlrabi leaves (if present) and save for another use.
2. Peel kohlrabi globes and shred or julienne.
3. In a large skillet, heat olive oil over medium heat.
4. Add kohlrabi, ginger, and shallots to skillet, and heat until tender-crisp (3-5 minutes).
5. Sprinkle with salt and pepper.



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Nutrition Information

Serving Size	1/4 of recipe
Nutrients	Amount
Total Calories	55
Protein	2g
Carbohydrates	8g
Dietary Fiber	4g
Total Fat	2.4g
Saturated Fat	0.3g
Cholesterol	0mg
Sodium	96mg