

ABOUT KOHLRABI

Kohlrabi is a member of the Brassica family and is closely related to cabbage, broccoli, cauliflower, and kale. Kohlrabi is not a root vegetable; it has a stem and bulb that grow above ground. Kohlrabi is an excellent source of vitamin C and a good source of fiber. If you are unfamiliar with Kohlrabi, its shape resembles a hot air balloon. The turnip-shaped globe is like the basket; the stems that grow upward look like ropes holding the deep green leaves at the top that resemble the balloon. Kohlrabi leaves are edible; you can prepare them as you would spinach.



Choose:

- ◆ Smaller, firm kohlrabi globes that are heavy for their size

Avoid:

- ◆ Kohlrabi globes that are bruised or cracked
- ◆ Large globes may be woody and fibrous; choose smaller ones
- ◆ Avoid yellowing leaves

Storage:

The leaves will pull water from the kohlrabi globe and dry it out. Cut the leaves off and store them in a plastic bag with the air squeezed out. Refrigerate globes; wash them before using.

Serving Tip:

- ◆ Great for adding crunch to any salad.
- ◆ Roast and puree into soups.



Kohlrabi Slaw



Yield: 4 servings

Time: 25 minutes

Ingredients

2 kohlrabi bulbs, peeled and grated
1 carrot, grated
1/4 cup white sugar
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1/4 cup mayonnaise
4 teaspoons apple cider vinegar
1 tablespoon brown mustard

Directions

1. Toss kohlrabi and carrot together in a large bowl.
2. Whisk sugar, salt, pepper, mayonnaise, vinegar, and mustard together in a separate bowl until smooth; pour over the kohlrabi mixture and stir to coat evenly. Serve immediately or chill in the refrigerator up to 1 hour.

Notes: _____



Encourage your child to help out by having them whisk ingredients for dressing in a deep bowl while you hold the bowl for them.

KOHLRABI

Roasted Kohlrabi

Yield: 4 servings

Time: 35 minutes



Ingredients

2 large kohlrabi bulbs, peeled
1 tablespoon extra-virgin olive oil
1 clove garlic, finely chopped
1/2 teaspoon salt
Pepper, to taste
2-3 tablespoons Parmesan cheese

Directions

1. Preheat an oven to 450°F.
2. Cut kohlrabi into 1/4 inch slices. Cut slices into 1/4 in strips.
3. In a large bowl combine kohlrabi strips, garlic, olive oil, salt and pepper. Stir well to coat kohlrabi.
4. Spread mixture evenly onto a baking sheet.
5. Bake in the preheated oven 20 minutes, stirring occasionally. Sprinkle cheese evenly over the top. Return to oven for 5 minutes more.
6. Serve immediately.

Notes: _____
