

FNH-005610

KOHLRABI

Nutrition and Health

Kohlraabi is a vegetable that is rich in vitamins and minerals. It is a good source of fiber and antioxidants. It is also low in calories and fat. Kohlraabi is a good choice for people who are looking for a healthy and nutritious food. It can be eaten raw or cooked. It is a good choice for people who are looking for a healthy and nutritious food. It can be eaten raw or cooked. It is a good choice for people who are looking for a healthy and nutritious food. It can be eaten raw or cooked.

Selection

Choose kohlrabi that is firm and has a smooth skin. Avoid kohlrabi that is soft or has any blemishes. Wash the kohlrabi thoroughly before eating.

Storage

Store kohlrabi in a plastic bag in the refrigerator. It will last for up to 2 weeks. Wash the kohlrabi thoroughly before eating.

Preparation

Wash the kohlrabi thoroughly. Peel the skin with a vegetable peeler. Cut the kohlrabi into slices or cubes. It can be eaten raw or cooked. It is a good choice for people who are looking for a healthy and nutritious food. It can be eaten raw or cooked. It is a good choice for people who are looking for a healthy and nutritious food. It can be eaten raw or cooked.

Recipes

Kohlrabi Chips

Ingredients: 1 kohlrabi, 1/2 cup oil, salt, pepper.

Preparation: Wash and peel the kohlrabi. Cut into thin slices. Fry in oil until golden brown.

Serving: 1/2 cup per person. Enjoy!

Yield: 250 F. 35-60 minutes.

Tags: chips, healthy, easy.

Potato Kohlrabi Casserole

(Serves 4-6)

Ingredients: 4-5 potatoes, 1 kohlrabi, 2 cups milk, 1 cup cheese, 1 cup flour, 1/2 cup oil, 1/2 cup butter, 1/2 cup salt, 1/2 cup pepper.

Preparation: Wash and peel the potatoes and kohlrabi. Cut into small cubes. Cook in a pot until tender. Mix the milk, flour, and butter. Add the potatoes and kohlrabi. Bake in the oven until golden brown.

Serving: 1/2 cup per person. Enjoy!

Yield: 12-18 servings. 35-40 minutes.

Tags: casserole, healthy, easy.

Yield: 350 F. 35-40 minutes. 4-6 servings.

Kohlrabi-Apple Slaw

1/2 lb kohlrabi, coarsely shredded
1/2 lb apples, coarsely shredded
1/2 cup raisins
1/2 cup apple juice
1/2 cup apple cider

Preheat oven to 350 F. In a large bowl, combine kohlrabi and apples, if desired.

Mix raisins and apple juice.

Serve with apple cider.

Roasted Kohlrabi with Parmesan

4 lb kohlrabi, cut into 1/2 inch cubes
1/2 cup olive oil
1/2 cup garlic, minced
1/2 cup grated Parmesan cheese
1/2 cup apple cider

Preheat oven to 450 F.

Preheat oven to 450 F. In a large bowl, combine kohlrabi, if desired, and olive oil.

Combine raisins, garlic, apple cider and olive oil. Toss kohlrabi cubes with the mixture. Add raisins and apple cider.

Bake in a large roasting pan, 15-20 minutes, until golden brown.

Remove from oven and drizzle with Parmesan cheese.

Remove from oven and drizzle with apple cider. Bake 5-10 minutes.

Kohlrabi-Ham Bake

3 lbs ham
4 lb kohlrabi, shredded and diced
8 cups ham, diced
2 cups apple juice, fresh, chilled
3 eggs
1 cup heavy cream
2 cups applesauce
1/2 cup fresh egg
1/2 cup apple cider

Preheat oven to 350 F.

In a large bowl, combine eggs, heavy cream, diced ham, and kohlrabi. Add applesauce, if desired.

Beat eggs and add heavy cream, applesauce, and apple cider. Mix well.

Place ham in a large roasting pan. Add kohlrabi and applesauce. Bake in a large roasting pan, 15-20 minutes, until golden brown.

Bake 30-35 minutes until golden brown.

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