

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 can help improve digestion. It is also a good source of potassium, which is important for heart health. Kohlraabi is a low-calorie vegetable and can be a healthy addition to your diet.

Selection

Choose kohlrabi that is firm and has a smooth surface. Avoid kohlrabi that is soft or has any bruising or damage. Kohlraabi should be stored in a cool, dry place for up to 2 weeks.

Storage

Store kohlrabi in a plastic bag in the refrigerator. It will last for up to 2 weeks. If you are not going to use it immediately, you can store it in a cool, dry place for up to 2 weeks.

Preparation

Wash kohlrabi thoroughly. Peel the skin and cut into slices or cubes. Kohlraabi can be eaten raw or cooked. It is a good source of fiber and can help improve digestion. It is also a good source of potassium, which is important for heart health. Kohlraabi is a low-calorie vegetable and can be a healthy addition to your diet.

Recipes

Kohlrabi Chips

Kohlrabi, sliced and fried in oil. A healthy snack that is low in calories and high in fiber.

Take a kohlrabi, wash it, and cut it into thin slices. Fry in oil until golden brown.

These chips are a healthy and delicious snack. They are low in calories and high in fiber. They are also a good source of potassium, which is important for heart health.

Ingredients: 250g kohlrabi, 35g oil, 60g salt.

Take a kohlrabi, wash it, and cut it into thin slices. Fry in oil until golden brown.

Potato Kohlrabi Casserole

(Baked with Cheese and Meat)

4-5 medium potatoes, sliced
2 medium kohlrabi, sliced
1 onion, sliced
3-4 tablespoons butter
1/2 cup cheese
1/2 cup meat

Preheat the oven to 350°F. In a large bowl, combine the potatoes, kohlrabi, onion, butter, cheese, and meat. Mix well. Transfer to a baking dish and bake for 45 minutes.

Ingredients: 12 medium potatoes, 8 kohlrabi, 1 onion, 35g butter, 60g cheese, 40g meat.

Slice the potatoes and kohlrabi into thin slices. Cook the onion in butter until soft. Add the cheese and meat. Bake in the oven until golden brown.

Reheat the casserole in the oven. It is a healthy and delicious meal. It is low in calories and high in fiber. It is also a good source of potassium, which is important for heart health.

Ingredients: 350g kohlrabi, 35g oil, 40g salt, 4 eggs.

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, if desired. 5 minutes. 4 eggs.

Kohlrabi-Ham Bake

3 lbs ham
4 lb kohlrabi, shredded and diced
8 cups ham, diced

2 lbs apples, finely shredded
3 eggs

1 cup heavy cream
2 lbs apples, finely shredded
1/2 cup flour
1/2 cup egg

Preheat oven to 350 F.

In a large bowl, combine apples, ham, and kohlrabi. Add the diced kohlrabi and 8-10 raisins.

Beat the eggs and add heavy cream, if desired. Apple cider, if desired.

Place ham in a large roasting pan. Add the apples, ham, and kohlrabi. Bake for 1-2 hours. Large ham, add apples. Toss with the apple cider.

Bake 30-35 minutes until golden brown.

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