

KOHLRABI



HOW DO THEY TASTE?

The bulb part of kohlrabi has a sweet peppery flavor and texture similar to broccoli stems. The leaves taste a bit like kale or collard greens.

HOW DO I PICK THEM?

Look for smooth, firm kohlrabi without spots or cracks. If leaves are still on, they should look fresh and crunchy. Smaller kohlrabi are more tender and less bitter. They can be either purple or green.

HOW DO I STORE THEM?

Kohlrabi should be stored in your refrigerator in the vegetable drawer in a plastic bag. The leaves are edible too. Remove them and store in a separate bag. Wash right before use.

HOW DO I PREPARE THEM?

1. Remove leaves and set aside. Trim and peel tough skin off.
2. Cut into chunks, slices or grate.



Kohlrabi can be grated **raw** and added to your salads. It can also be **baked, boiled, steamed, sautéed, roasted or fried**. Try tossing the chopped bulbs with olive oil, garlic, salt and pepper and bake in the oven for 15–20 minutes for a delicious side dish. Leaves can be added to stir fry, vegetable stock, salads, curry, pizza or simply sautéed.

SHREDDED VEGGIE SALAD

Makes 6 servings, 1/2 cup each

Ingredients:

- 1 pound fresh carrots, beets or kohlrabi (any combination of these)
- ¼ cup chopped fresh parsley
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Peel vegetables. Using a box grater or food processor, shred vegetables into a medium bowl.
2. Add parsley, oil, lemon juice, mustard, salt and pepper. Mix together and serve.



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KITCHEN TIP!

Larger kohlrabi has a tough inner core. You'll want to remove it before cooking. Once cutting the kohlrabi into quarters, use the sharp tip of a knife to cut out the inner core from each quarter of the kohlrabi.