

FNH-005610

# KOHLRABI

## Nutrition and Health

... e a e h abic e f Ge a a d ea ...  
 cabbage i. K h abii a e be f he b a -  
 ica fa i hich ic de cabbage, B ... e ...  
 a d a e. F ha a b e a e i i ce f he  
 ege abe cha i a e a d  
 g e i A a a ga de e edibe a i ci  
 a dj ic a d a b e hie, e g ee. I ca  
 be a e a c ed. K h abii i ca ie,  
 c ai fa a di ag d ce f be, a -  
 i a d i a i B6 a d C.

## Selection

Ch e h abib b ha a e a a d e de,  
 he a ai abe, ih b b 2 3 i che i dia ee.  
 La ge b b e d be g ha d d b a e  
 e a a be he ee ed.

## Storage

C e a e, a he i a da a e e a d  
 ace i a a ic bag. Lea e ca be ef ige a ed f  
 h ee f da. K h abib b ca be ed f  
 h ee ee i he ef ige a .

## Preparation

Wa h h abij bef e i g. Y g h abii  
 b b a e ge e a e de a d d e i e ee -  
 i g. La ge b b h d be ee ed e e he  
 gh e i. K h abii ca be iced, c i  
 a e, c bed j ie e da de a e a  
 ea ed i ci - e de added . I ca  
 be a e di i e i b i e da d a hed. e  
 ci e h ca be e ed a i a ad, a a e ih  
 a ac ch acc a i e di. Pe a e h -  
 abi ea e a d i g ee a e; he  
 a e e ce e i a ad i - f ied.

## Recipes

### Kohlrabi Chips

h abii, e hi iced a d ee ed  
 i e i  
 c a e a .

T h abii h i e i. S i e i h a .

A a ge i a i ge a e a ba i g hee i ed  
 ih a ch e a e.

Base a 250 F i ci a d de e g de , 35 60  
 i e .

T a fe chi a a e e - i ed a e .

### Potato Kohlrabi Casserole

(B C F M )

4-5 edi a e, ih i  
 2 edi - i ed h abii, ee ed  
 1 edi i, ee ed a d ch ed  
 3-4 abe b e, e ed  
 - ea I a i a e a i g

B i a e ih h abii i e ha e de ;  
 dai a e a d e a ide. Sa ech ed i i a  
 a a f b e i e de .

G e a e a 12 8- i ch ba i g di h. S ice a e ih  
 i a d a e b f di h.

S i e i e a e. Q a e h abii a d  
 ice; a e e i. D i e e ed b e e

Re ea a e i ed ; di e ih b e .  
 S i e i h I a i a e a i g.

Base, c e ed, a 350 F f 35 40 i e . 4 e -  
 i g

### 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. Slice kohlrabi and apples into 1/2 inch pieces.

Mix kohlrabi, apples, raisins, and apple juice.

Serve in a large bowl.

### Roasted Kohlrabi with Parmesan

4 lb kohlrabi, cut into 1/2 inch pieces  
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. Slice kohlrabi into 1/2 inch pieces.

Combine olive oil, garlic, apple cider, and Parmesan. Toss kohlrabi pieces in the mixture. Spread on a baking sheet.

Bake in oven for 15-20 minutes, until golden brown.

Remove from oven and serve with Parmesan cheese.

Remove from oven and serve with Parmesan cheese. Bake for 5 minutes. 4 servings.

### Kohlrabi-Ham Bake

3 lbs ham  
4 lb kohlrabi, sliced and diced  
8 cups cauliflower, diced  
2 cups beef broth, heated  
3 eggs  
1 cup heavy cream  
2 cups applesauce  
1/2 cup flour  
1/2 cup egg

Preheat oven to 350 F.

In a large pot, combine ham, cauliflower, and applesauce. Add the diced kohlrabi and flour. Cook for 8-10 minutes.

Beat the eggs and add heavy cream, applesauce, and egg. Add to the mixture.

Place the mixture in a large baking dish. Bake for 1 hour. Let the mixture sit for 10 minutes before serving.

Bake for 30-35 minutes until golden brown.

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