

FNH-005610

KOHLRABI

Nutrition and Health

Kohlrabi is a vegetable that is rich in fiber and potassium. It is also a good source of vitamin C and B6. Kohlrabi is a low-calorie vegetable that is easy to digest. It is also a good source of antioxidants. Kohlrabi is a good choice for people who are looking for a healthy and nutritious food option.

Selection

Choose kohlrabi that is firm and has a smooth, unblemished skin. Avoid kohlrabi that is soft, wrinkled, or has any signs of decay. Kohlrabi should be stored in a cool, dry place for up to 2 weeks.

Storage

Kohlrabi can be stored in a plastic bag in the refrigerator for up to 2 weeks. To keep kohlrabi fresh, it should be stored in a cool, dry place. Kohlrabi should be washed and dried before use.

Preparation

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

Recipes

Kohlrabi Chips

Kohlrabi, sliced and dried. Oil, salt, and pepper.

Preparation: Wash kohlrabi and slice into thin rounds. Dry the slices in a dehydrator or oven.

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Potato Kohlrabi Casserole

(Serves 4)

4-5 medium potatoes, sliced
2 medium kohlrabi, sliced
1 onion, sliced
3-4 tablespoons butter
Salt and pepper to taste

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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 slaw.

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 apples, sliced
4 lb kohlrabi, shredded
8 cups ham, diced

2 apples, sliced
3 eggs

1 cup heavy cream
2 apples, sliced
1/2 cup flour
1/2 cup egg

Preheat oven to 350 F.

In a large bowl, combine apples, kohlrabi, ham and heavy cream. Add the diced kohlrabi and apples.

Beat the eggs and add the heavy cream, flour and egg.

Place the mixture in a large roasting pan. Bake in a large roasting pan, 15-20 minutes, until golden brown. Toss with the mixture.

Bake 30-35 minutes until golden brown.

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