

FNH-005610

KOHLRABI

Nutrition and Health

Ge a a d e a , c a b b a g e . K h a b i i a e b e f h e b a - i c a f a i . h i c h i c d e c a b b a g e , B . . . e . . . a d a e . F h a a b e a e i i c e . f h e . . . e g e a b e . c h a . . . i . . . a e a d . . . g . . . e i A a . a g a d e . . . e e d i b e a i c i . a d j i c a d a b e h i e , . . . e g e e . I c a b e e a e a . c . . . e d . K h a b i i . i c a i e , c . . . a i . . . f a a d i a g d . . . c e f b e , . . . a - i . . . a d i a i . B 6 a d C .

Selection

C h . . . e . . . h a b i b b . h a a e . . . a a d e d e , . . . h e a a i a b e , i h b b 2 . 3 i c h e i d i a e e . L a g e b b e d b e . g h a d . . . d . . . b . . . a e . . . e a a b e h e e e d .

Storage

C . . . e a e , . . . a h e i a d a . . . a e . . . e a d . . . a c e i a a i c b a g . L e a e c a b e e f i g e a e d f . h e e f . . . d a . . . K h a b i b b c a b e . . . e d f . . . h e e e e . i . h e e f i g e a . . .

Preparation

W a h . . . h a b i j . . . b e f e . . . i g . Y . . . g . . . h a b i b b a e g e e a . . . e d e a d d . . . e . . . i e e e - i g . L a g e b b . . . h . . . d b e e e d . . . e . . . e h e . . . g h . . . e . . . i . K h a b i c a b e i c e d , c . . . i . . . a e . . . c b e d . . . j i e . . . e d a d e a e a . . . e a e d . . . i c i . . . e d e . . . a d d e d I c a b e a e e d i . . . i e i . . . b i e d a d a h e d . . . e . . . c i . . . e h c a b e e e d a i . . . a a d , a a e i h . . . a a c . . . c h . . . a c c . . . a i e . . . d i . . . P e a e . . . h . . . a b i e a e a . . . d . . . i g e e . . . a e ; h e . . . a e e c e e . . . i . . . a a d . . . i - f i e d .

Recipes

Kohlrabi Chips

h a b i , e . . . h i . . . i c e d a d e e e d . . . i e i . . . c a e a .

T . . . h a b i i h i e i . S i . . . e i h a . . .

A a g e i a i g e a z e . . . a b a . . . i g h e e i e d . . . i h a c h e . . . a e .

B a e a 250 F . . . i c i . . . a d d e e g d e , 35 . . . 60 . . . i . . . e .

T a f e c h i . . . a a e . . . e - i e d a e .

Potato Kohlrabi Casserole

(B . . . C . . . F . . . M . . .)

4-5 e d i . . . a e , i h . . . i . . . 2 e d i . . . - i e d . . . h a b i , e e e d . . . 1 e d i . . . i . . . e e e d a d c h . . . e d . . . 3-4 a b e . . . b . . . e , e e d . . . - . . . e a . . . I a i a . . . e a . . . i g .

B i . . . a e . . . i h . . . h a b i . . . i . . . e h a e d e ; . . . d a i . . . a e a d e a i d e . S a . . . e c h . . . e d . . . i . . . i a . . . a a . . . f b . . . e . . . i e d e .

G e a e a 12 . . . 8 - i c h b a . . . i g d i h . S i c e . . . a e . . . i h . . . i . . . a d a z e . . . b . . . f d i h .

S i . . . e i . . . e . . . a e . Q a e . . . h a b i a d . . . i c e ; a z e . . . e . . . i . . . D i e e e d b . . . e . . . e .

R e e a a z e . . . i . . . e d ; d i e i h b . . . e . . . S i . . . e . . . i h I a i a . . . e a . . . i g .

B a e , c e e d , 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. 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 lbs apples, finely shredded
3 eggs
1 cup heavy cream
2 lbs apples, finely shredded
1/2 cup flour
1/2 cup apple cider

Preheat oven to 350 F.

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

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

Place the mixture in a large roasting pan. Bake in a 350 F oven for 1 hour. Add the apples and flour.

Bake 30-35 minutes until golden brown.

www.uaf.edu/ces or call 1-877-520-5211

Sarah R.-P. Lewis, Extension Faculty, Health, Head of Family Development. Original recipe by Heidi Lewis, Family Nutrition Coordinator.



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