

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 i c 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 d j 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 gha d d b a e  
e a a be he ee ed.

## Storage

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

## Recipes

### Kohlrabi Chips

h abii e h i 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  
i h 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 , i h 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 i h h abii i e ha e de ;  
d ai a e a d e a ide . Sa e ch ed i i a  
a a f b e i e de .

G ea e a 12 8 - i ch ba i g di h . S ice a e i h  
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 ; d i e i h 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. 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 cups apple cider, chicken stock  
3 eggs

1 cup heavy cream  
2 cups applesauce  
1/2 cup chicken fat  
1/2 cup apple cider

Preheat oven to 350 F.

In a large bowl, combine ham, applesauce, chicken stock, if desired, and kohlrabi. Dice 8-10 minutes.

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

Place ham, chicken stock, kohlrabi and applesauce in a large bowl. Layer ham and applesauce. Top with kohlrabi. Pour apple cider.

Bake 30-35 minutes until golden brown.

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Published by the University of Alaska Fairbanks Center for Environmental and Estuarine Science in cooperation with the University of Alaska Fairbanks Agricultural Experiment Station. For more information, visit [www.uaf.edu/ces](http://www.uaf.edu/ces) or call 1-877-520-5211.

2019 University of Alaska Fairbanks

7-14/12-19

Revised October 2019