

FNH-005610

# KOHLRABI

## Nutrition and Health

Kohlraabi is a vegetable that is rich in vitamins and minerals. It is a good source of fiber and can help improve digestion. It is also a good source of potassium and calcium. Kohlraabi is a low-calorie vegetable and is a good choice for those looking to lose weight. It is also a good source of antioxidants and can help reduce the risk of chronic diseases. Kohlraabi is a versatile vegetable and can be eaten raw or cooked. It is a good choice for those looking to improve their overall health.

## Selection

Choose kohlrabi that is firm and has a smooth surface. Avoid kohlrabi that is soft or has any blemishes. Kohlraabi should be stored in a cool, dry place for up to 2 weeks.

## Storage

Store kohlrabi in a plastic bag in the refrigerator. It will last for up to 2 weeks. Do not wash kohlrabi until just before you use it.

## Preparation

Wash kohlrabi thoroughly. Peel the outer skin with a vegetable peeler. Cut the kohlrabi into slices or cubes, depending on how you plan to use it. Kohlraabi can be eaten raw or cooked. It is a good choice for those looking to improve their overall health.

## Recipes

### Kohlrabi Chips

Kohlrabi, sliced and dried.

Thinly slice kohlrabi into chips.

Arrange chips on a baking sheet.

Bake at 350°F for 35-60 minutes.

Transfer chips to a paper towel to drain.

### Potato Kohlrabi Casserole

(Bake, Cook, Fry, Melt)

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

Boil potatoes and kohlrabi until tender. Drain and pat dry. Sauté onion in butter until soft. Mix potatoes, kohlrabi, and onion. Bake in a casserole dish for 30 minutes.

Preheat oven to 350°F. Grease a 9x13 inch casserole dish. Spread potato and kohlrabi mixture in the dish. Bake for 30 minutes.

Serve hot. Top with melted butter and salt and pepper to taste.

Reheat in the oven. Store in the refrigerator for up to 3 days.

Bake, cook, and serve. 350°F for 35-40 minutes. 4 servings.

### Kohlrabi-Apple Slaw

4 c kohlrabi, sliced  
1 apple, sliced  
1/2 cup raisins  
1/2 cup apple juice  
1/2 cup apple cider

Preheat oven to 350 F. Slice kohlrabi and apple, if desired.

Mix raisins and apple juice.

Serve with slaw.

### Roasted Kohlrabi with Parmesan

4 kohlrabi, sliced  
1/2 cup raisins  
1/2 cup olive oil  
1/2 cup Parmesan cheese  
1/2 cup apple cider

Preheat oven to 450 F.

Preheat oven to 450 F. Slice kohlrabi, if desired, and slice raisins.

Combine raisins, olive oil, and apple cider in a large bowl. Toss kohlrabi slices in the mixture. Add raisins and Parmesan cheese.

Bake in a 450 F oven for 15-20 minutes, until golden brown.

Remove from oven and serve with Parmesan cheese.

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### Kohlrabi-Ham Bake

3 apples, sliced  
4 kohlrabi, sliced  
8 cups ham, sliced  
2 apples, sliced  
3 eggs  
1 cup heavy cream  
2 apples, sliced  
1/2 cup flour  
1/2 cup egg  
1/2 cup apple cider

Preheat oven to 350 F.

In a large bowl, combine apples, kohlrabi, and ham. Add the diced kohlrabi and 8-10 raisins.

Beat the eggs and add heavy cream, flour, and egg. Add apple cider and combine.

Place ham in a large pan and slice kohlrabi and apples. Add raisins. Layer ham and apples. Top with kohlrabi. Pour sauce over.

Bake 30-35 minutes until golden brown.

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