

**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, which is important for heart health. Kohlraabi is a low-calorie vegetable and can be a healthy addition to your diet.

## Selection

Choose kohlrabi that is firm and has a smooth surface. Avoid kohlrabi that is soft or has any bruising or damage. 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. If you are not going to use it immediately, you can store it in a cool, dry place for up to 2 weeks.

## Preparation

Wash kohlrabi thoroughly. Peel the outer skin with a vegetable peeler. Cut the kohlrabi into slices or cubes as desired. It can be eaten raw or cooked. Kohlraabi is a versatile vegetable and can be used in a variety of recipes.

## Recipes

### Kohlrabi Chips

Kohlrabi, sliced and fried in oil. A healthy and delicious snack.

Take kohlrabi chips with a dipping sauce.

Use kohlrabi chips as a substitute for french fries.

Use 250g kohlrabi, 35g oil, 60g salt.

Take kohlrabi chips with a dipping sauce.

### Potato Kohlrabi Casserole

(Baked with Cheese and Meat)

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

Preheat oven to 350°F. Bake for 45 minutes.

Use 12 medium potatoes, 8 medium kohlrabi, 1 onion, 3-4 tablespoons butter.

Slice potatoes and kohlrabi. Add onion and butter. Bake for 45 minutes.

Reheat in the oven. Serve with a dipping sauce.

Use 350g kohlrabi, 35g oil, 40g salt.

### 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 with apple cider.

### 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 mixture. Add to a large baking sheet.

Bake 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, sliced  
4 lb kohlrabi, shredded  
8 cups hash browns, diced

2 cups apple cider, 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 bowl, combine ham, kohlrabi, hash browns, and applesauce. Add heavy cream, flour, and egg.

Beat the eggs and add to the mixture. Mix well.

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

Bake for 30-35 minutes until golden brown.

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