

Kohlrabi is a crop that grows from a bulb; it is related to cabbage and broccoli. Both its leafy greens and its firm bulb can be eaten and used in a variety of meals!

SIMILAR TO

The bulb is similar to cabbage, turnips, broccoli (stems), and potatoes.

The greens are similar to kale and collard greens.



Image credit: Gerwin Sturm

HOW TO USE

The bulb can be eaten raw and tossed into a salad, or cooked by roasting in the oven, lightly pan-frying, frying, or even mashing. Always peel away the tough outer layer of the bulb.

The greens are best served cooked.



Image Credit: Katie Webster

RECIPES TO TRY:

Sautéed Kohlrabi

from splashofketo.com

Takes 30 minutes. Serves 6.

INGREDIENTS

3 tablespoons butter
1 tablespoon cooking oil
4-5 kohlrabi bulbs, peeled and cut into bite-sized pieces
½ cup diced onion
½ teaspoon salt
¼ teaspoon pepper

1. In a large skillet, over medium heat, add butter and cooking oil.
2. Once butter is melted, add kohlrabi, onion, and salt. Stir to combine.
3. Sauté, covered, for 20-30 minutes, or until kohlrabi is browned and tender. Stir every few minutes while cooking.

Kohlrabi Slaw

from acouplecooks.com

Takes 15 minutes. Serves 4.

INGREDIENTS

3 cups kohlrabi, peeled and cut into sticks

1 cup shredded carrots

1 apple, cut into sticks

2 green onions, thinly sliced

2 tablespoons of cooking oil

1 tablespoon of white wine vinegar

1 tablespoon of sugar

1. Remove all greens attached to the kohlrabi bulb. Chop the kohlrabi, apple, and carrots.
2. Mix In a bowl with cooking oil, white wine vinegar, and sugar. You can also add salt and a tablespoon of Dijon mustard for taste.
3. Enjoy right away or put it in the refrigerator for 1-2 days.



Image Credit: A Couple Cooks