



Kohlrabi

Kohlrabi, or cabbage turnip, is a purplish-white vegetable grown primarily for its swollen root, which has a pleasing, nutty flavor.

Store: Store leaves that are firm and green for only a couple of days. Cut off leaves and store unwashed bulbs in refrigerator for several weeks. Kohlrabi can be stored longer if placed in sealed plastic bags.

Prepare: Wash under cool running water right before cooking or eating. Trim the stem. Kohlrabi bulbs can be sliced, cut into quarters, cubes or julienne strips and steamed until crisp-tender.

Serve: Peel and slice and serve raw. Can be boiled, microwaved, steamed, roasted or stir-fried. When cooked and cold, it may be served with oil-vinegar dressing or mayonnaise. Leaves of young plants may be eaten raw in salads.



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Kohlrabi Recipe

Kohlrabi Salad

Ingredients:

4 medium-sized kohlrabies
Salt
½ cup sliced radishes
1/3 cup salad dressing
2 tablespoons cider vinegar
½ teaspoon sugar
Salt, pepper to taste
Crisp lettuce leaves, washed and dried
½ cup grated carrots

enjoy!

Source:
http://www.alleasyrecipes.com/recipes_print/4/1/kohlrabi_salad.asp

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.

Directions:

Cut off tops and pare thick kohlrabi stems. Slice and cook kohlrabi in a little boiling water, covered, until just tender, about 15 minutes. Drain and cool. Combine with radishes in a serving dish. Mix salad dressing, vinegar, mustard, and sugar. Season with salt and pepper and add to vegetables. Refrigerate 1 hour or longer to blend flavors. Serve on lettuce leaves, garnished with carrots.



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