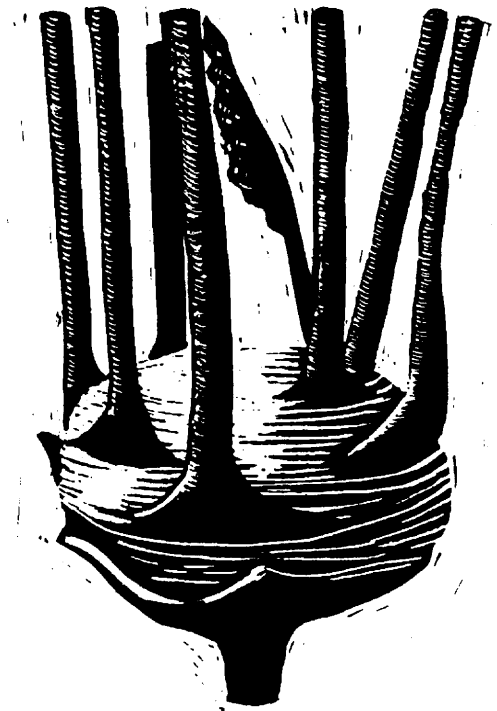


Kohlrabi

Kohlrabi is a globe-shaped swollen stem. It can be green or purple with green stems and leaves that look like collard greens. It is sometimes called a cabbage turnip but it is sweeter, juicier, crisper, and milder in flavor than a turnip. The green or purple bulbs can be used raw shredded into a salad, or steamed.

They can also be added to soups and stews, chunked into potato casseroles, or stir-fried. Kohlrabi leaves can also be cooked. They taste like kale or collard greens.

This member of the cabbage family is a native of northern Europe. The word Kohlrabi is German and means “cabbage turnip.”



Confetti Salad

Makes 4 servings

Ingredients:

- 4 kohlrabi, chopped
- 1 parsnip, chopped
- 3 carrots, chopped
- 8 radishes, chopped
- 1 cup beet greens, chopped
- 1 Tablespoon nonfat yogurt
- 2 Tablespoons honey
- 1 Tablespoon vinegar

Directions:

1. Combine and mix vegetables in a bowl.
2. In a separate bowl, stir together the yogurt, honey, and vinegar.
3. Add the yogurt mixture to the vegetables.
4. Chill several hours before serving.

Source: “The Green Thumb Cookbook,” Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (286g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 31g 10%

Dietary Fiber 9g 36%

Sugars 19g

Protein 5g

Vitamin A 170% • Vitamin C 180%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- To prepare kohlrabi, wash thoroughly and trim away the woody or tough sections. There is no need to peel it before eating.
- If you are going to use kohlrabi greens and the globe, store them separately. Greens should be stored and used like other greens. (For ideas, see section on “Greens for Cooking.”)

Complementary Herbs

basil

dill

parsley

Herbed Kohlrabi

Makes 4 servings

Ingredients:

- 1 1/2 pounds kohlrabi, peeled and cut into cubes (about 3 1/2 cups)
- 2 Tablespoons parsley, chopped
- 1 teaspoon basil, chopped
- 1 Tablespoon oil
- 1/2 teaspoon salt
- Pepper to taste

Directions:

1. Steam or boil kohlrabi until just barely tender (about 8 minutes).
2. Add parsley and basil and toss in oil until well blended.
3. Add salt and pepper to taste.

Source: “The Green Thumb Cookbook,”
Anne Moyer, Rodale Press, Emmaus, PA



Nutrition Facts

Serving Size 1 Serving (176g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 320mg **13 %**

Total Carbohydrate 11g **4 %**

Dietary Fiber 6g **24 %**

Sugars 8g

Protein 3g

Vitamin A 0% • Vitamin C 180%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.