

Kohlrabi

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Kohlrabi is related to cabbage, broccoli, kale, cauliflower, and brussels sprouts. It is high in potassium and vitamin C.

- HIGH FIBER
- NO FAT
- CHOLESTEROL-FREE

CHOOSE: Look for kohlrabi with green or purple skin and no brown spots. The kohlrabi should feel firm and heavy.

STORE: Put kohlrabi in a plastic bag and keep it in the fridge.

PREPARE: Wash the kohlrabi under cold water. Peel off the thick skin with a peeler or knife. Cut up as needed.

EAT: Peel and cut the kohlrabi into sticks. It's crunchy and great with dip.

Kohlrabi Slaw: Shred the peeled kohlrabi and mix it with carrots, apples, lemon juice, and olive oil.

Cut the kohlrabi into wedges. Mix the kohlrabi with olive oil and your favorite spices. Roast the mixture in the oven at 425°F for 25-30 minutes until it is golden and tender.

Chop the peeled kohlrabi and steam for about 5-7 minutes. It's ready when you can easily poke it with a fork. Add a sprinkle of salt and pepper or a squeeze of lemon juice.

0g
FAT

36
CALORIES

2g
PROTEIN

5g
FIBER

8g
CARBS

*Per 1 cup

Kohlrabi Stir-Fry

INGREDIENTS:

- 2 kohlrabi bulbs, peeled and diced
- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 bell pepper, diced
- 1 cup of sliced mushrooms
- 2 tablespoons of soy sauce
- 1 tablespoon of honey (maple syrup or agave syrup can also be used)
- Cooked rice or noodles, for serving

INSTRUCTIONS:

- 1 Heat oil in a large pan or wok over medium heat.
- 2 Add the diced kohlrabi to the pan and cook for 5-7 minutes. Stir occasionally. Cook until the vegetables are slightly soft.
- 3 Add the diced onion and minced garlic to the skillet and cook for another 2-3 minutes, until onion is translucent.
- 4 Add diced bell pepper and sliced mushrooms to the skillet and cook for an additional 3-4 minutes, until the vegetables are soft.
- 5 In a small bowl, mix together the soy sauce and honey.
- 6 Pour the soy sauce mixture over the cooked vegetables in the skillet. Stir to coat evenly.
- 7 Cook for another 1-2 minutes, until everything is hot and well combined.
- 8 Serve the cooked kohlrabi stir-fry over cooked rice or noodles.

