



Using & Storing

Kohlrabi

Illinois-grown kohlrabi is available June through October.

Kohlrabi is Good for You

Kohlrabi is ...

- low in calories and sodium
- high in dietary fiber
- high in potassium
- a good source of vitamin C

How to Buy Kohlrabi

Kohlrabi is a globe-shaped swollen stem (not a root) with large, edible leaves. It is sometimes referred to as “cabbage turnip.”

Look for kohlrabi bulbs that appear firm and are less than 3 inches in diameter. The leaves should be deep green all over and not yellowing. Large bulbs can be woody and tough.

One pound of kohlrabi equals...

- 4 small bulbs (1½ – 2-inches in diameter)
- 2 medium to large bulbs (3 – 4-inches in diameter)
- 3½ cups raw slices
- 3 cups raw grated
- 1½ cups cooked

How to Store Kohlrabi

With the leaf stems removed, kohlrabi can be stored in the refrigerator for several weeks. Storage life can be extended if kohlrabies are placed in sealed plastic bags.

Types of Kohlrabi

Kohlrabi can either be green or purple. It has a mild, turnip-like flavor and is as easy to prepare as potatoes. The purple kohlrabi tends to have a spicier flavor.

How to Use Kohlrabi

Before using, wash well and strip off stems and leaves. Stems can be chopped or sliced and leaves can be used in any recipe calling for greens. It's not necessary to peel small kohlrabi; if larger than a tennis ball, peel off the thick skin with a sharp knife.

Kohlrabi can be served raw, as slices served with dip, or grated and added to coleslaw or carrot-raisin salad. Thin strips work well for stir-fry or a raw vegetable tray. Whole bulbs can be stuffed with ground meat or turkey and chopped vegetables and topped with cheese. Add chunks or slices of kohlrabi to potato casseroles, or steam with pieces of yellow or zucchini squash.



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Kohlrabi Recipes

To Steam . . .

Wash and cut kohlrabi bulb into slices or bite-size pieces and place in a saucepan with ½ inch of water. Add a dash of salt, cover and bring to a boil over high heat. Turn heat down to low and steam for 5 to 7 minutes. Leaves can be steamed lightly just like spinach.

To Barbecue . . .

Slice or chop kohlrabi and toss in a bowl with a little olive oil or canola oil. Sprinkle with a dash of salt and wrap in aluminum foil (shiny side inside). Place foil packet on grill and cook for about 10 to 12 minutes.

To Stir-Fry . . .

Slice or chop kohlrabi into bite-size pieces and stir-fry 5 to 7 minutes in a little olive or canola oil with 2 cloves, minced garlic and a dash of salt.

To Microwave . . .

Slice or chop 4 to 5 medium kohlrabi bulbs into ¼-inch slices and place in a 2-quart microwave-baking dish. Add ¼ cup water; cover. Microwave on *High* 10 to 15 minutes, or until tender, stirring halfway through.

Sautéed Kohlrabi

2 large or 4 small kohlrabi, peeled and trimmed of leaves
1 teaspoon salt
1 medium onion, sliced
2 tablespoons butter or margarine
1 teaspoon crushed dried basil leaves or
1 tablespoon fresh chopped basil leaves



Yield: Four ½-cup servings

Directions:

Grate the kohlrabi and place in a colander. Sprinkle with salt and allow to sit 30 minutes. Squeeze water out.

Melt butter or margarine in a skillet. Brown onions and stir in kohlrabi. Turn heat to low, cover and simmer for 10 minutes. Uncover and turn up the heat to medium. Cook another 2 minutes. Sprinkle with basil and serve.

Nutritional analysis per serving: 80 calories, 6 g fat, 15 mg cholesterol, 590 mg sodium, 7 g carbohydrate, 2 g protein, 3 g dietary fiber