

# KOHLRABI



Kohlrabi is in season from June through July and from September through October.

## Tips for selecting kohlrabi

**K**ohlrabi is available in green and purple varieties. Select medium-sized light green or deep purple bulbs. The greens should be fresh and firm. Do not choose kohlrabi that is woody or tough, or with blemishes or cracks in the root.

## Storage

Kohlrabi can be refrigerated for seven to 10 days, or up to a month if stored in a plastic bag. The greens must be used as soon as possible.

## Preparation

Kohlrabi is served as a side dish, steamed, sautéed, or stir-fried. Kohlrabi more than 2-inches in diameter can be stuffed by making hole in the middle. The greens can be used in salads or prepared as a side dish.

### Boil

Trim off the leaves, peel the skin, and slice crosswise. Cook in lightly salted, boiling water for about 20 minutes in an uncovered pot.

## Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

## Recipes

### Sautéed kohlrabi

2 kohlrabi, peeled and trimmed of leaves  
 ½ teaspoon salt  
 1 medium onion, diced  
 2 tablespoons of sweet butter or margarine  
 1 tablespoon chopped fresh marjoram or fresh basil (or 1 teaspoon dry)

Grate the kohlrabi. Sprinkle with salt and allow it to sit in a colander for 30 minutes. Squeeze out water. Melt butter in a sauté pan. Brown onions and stir in kohlrabi. Decrease heat to low, cover, and simmer for 10 minutes. Uncover and increase heat to medium. Cook another 2 minutes and add fresh herbs. Serves 4; 75 Cal; 6 g fat.

### German vegetable medley

½ pound asparagus, cut to 1-inch pieces  
 1 cup sliced carrots  
 1½ cups peas  
 1 small cauliflower head, cut into florets  
 2 kohlrabi bulbs, peeled and sliced  
 4 tablespoons butter or margarine  
 1½ teaspoons cornstarch  
 Salt and black pepper to taste  
 1 tablespoon chopped parsley

Heat margarine in a large pot. Sauté asparagus, peas, carrots, cauliflower, and kohlrabi for 5 minutes. Add a little water, salt, and pepper. Simmer until the vegetables are tender but still chewy. In a small bowl, mix cornstarch with 2 tablespoons of water and add to vegetables, stirring until sauce has thickened. Garnish with parsley. Serves 6; 135 Cal; 8 g fat.



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