



What is Kohlrabi?

Kohlrabi is a vegetable and comes from the German words cabbage and turnip. It contains more vitamin C than an orange! Kohlrabi is also a great source of fibre which can help keep you regular, lower your cholesterol and control your blood sugar.

Kohlrabi leaves can be used like other salad greens, in fresh salads or sautéed. Make sure to rinse with water before eating.

Bulb Preparation

The Kohlrabi bulb needs to be peeled before eating and then can be eaten raw or cooked.

Raw

- Place in a salad – adds a bit of a kick, similar to a radish
- Grate and use in a slaw

Cooked

- Bake, steam or boil
- Use as you would any other vegetable e.g. Toss into soups, stir-fries or bake and season with your favourite herbs and spices

Storage

The bulb will last a few weeks in the refrigerator but make sure to eat up the greens sooner as they go bad quicker.

Where can I find more information?

- Eat Right Ontario
www.eatrightontario.ca
- Speak with a Registered Dietitian for free by calling 1-877-510-5102



Kohlrabi Coleslaw

Makes 4-6 servings

2	kohlrabi bulbs, peeled and grated
¼	head purple cabbage, shredded
2 medium	carrots, peeled and grated
½	red onion, grated
4 tbsp	chopped cilantro (optional)
¼ cup	golden raisins (optional)
¼ cup	mayonnaise
1 tbsp	vinegar (cider vinegar works best)
1 tbsp	sugar
½ tsp	salt



1. Combine the kohlrabi, cabbage, carrots, onion, cilantro, and raisins (if using) in a large bowl
2. In a smaller bowl, whisk together the mayonnaise, vinegar, sugar, and salt
3. Pour the dressing over the slaw, and mix until fully coated
4. Chill before serving

Roasted Kohlrabi



- 2 kohlrabi bulbs, peeled and diced
 1 tbsp olive oil
 1 minced garlic clove or
 ¼ tsp garlic powder (optional)
 Taste salt
1. Set oven to 450F
 2. Mix the diced kohlrabi with olive oil, garlic and salt in a bowl
 3. Spread evenly on a rimmed baking sheet and put into oven and for 30 minutes, stirring every five minutes after about 20 minutes

Creamy Potato and Kohlrabi Soup

Makes 4 servings

- 1 medium onion, largely sliced
 6-7 garlic cloves, peeled and left whole
 1 tbsp olive oil
 2 kohlrabi bulbs
 3 medium potatoes
 1½ cups unsalted vegetable broth
 salt and pepper to taste



1. Preheat your oven to 375 degrees
2. On a baking sheet combine the onions and oil, and put them in the oven to roast
3. After 15 minutes add the garlic to the onions and stir
4. Continue roasting, stirring every 10 minutes until the onions are golden brown
5. Peel the kohlrabi and potatoes and cut them into half inch chunks, and add them to a large pot with a pinch of salt
6. Cover the vegetables with water and bring them to a high boil. Boil until the potatoes are tender enough for a fork to pierce through easily
7. Drain the vegetables and put them into your blender (or back into the pot if using an immersion blender)
8. Add the roasted onions and garlic, and blend until the vegetables are completely pureed
9. Add the broth, and continue to blend
10. Add salt and pepper to taste, and reheat over medium heat if needed



Kohlrabi with Hummus Dip

Hummus

- 1 14 oz can chick peas, drained and rinsed
 1 garlic clove
 2 tbsp tahini or peanut butter
 3 tbsp lemon juice
 1 tsp salt
 1/3 cup olive oil
 ½ tsp cumin (optional)

1. Place all ingredients in a blender and blend until smooth.

Peel kohlrabi bulbs and cut into sticks.
 Serve kohlrabi with hummus and any other vegetables you have on hand.

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