

# Kohlrabi

## Key Points

- For the best buy, choose green or purple kohlrabi that are firm and heavy with fresh green leaves.
- To prepare kohlrabi, remove leaves and then rinse and peel the kohlrabi. Kohlrabi can be eaten raw or cooked.
- To store fresh, remove leaves. Refrigerate for up to 1 month.
- Kohlrabi contains fiber, which helps to keep you regular.



## Kohlrabi Sauté

### Ingredients:

- 4 kohlrabi
- 2 tablespoons vegetable oil
- 1 garlic clove, minced
- 1 onion, chopped
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley (optional)
- 2 tablespoons low fat sour cream
- Salt and black pepper to taste

### Directions:

1. Peel and shred the kohlrabi.
2. In a large frying pan, heat vegetable oil over medium high heat.
3. Add garlic and onion to the pan. Cook 2 minutes, stirring often.
4. Add the kohlrabi to the pan. Cook 5-7 minutes or until the kohlrabi is tender, but not too soft. Stir often.
5. Stir in the lemon juice and parsley. Turn off the heat.
6. Stir in the sour cream and add salt and pepper to taste. Enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Kohlrabi and Grapefruit Salad

### Ingredients:

- 3 kohlrabi
- 4 cups shredded cabbage
- 3 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 2 tablespoons grapefruit juice
- Salt and black pepper to taste
- 2 cups grapefruit sections

### Directions:

1. Peel and shred the kohlrabi.
2. In a large bowl, combine the kohlrabi and shredded cabbage.
3. Make the dressing: In a small bowl, whisk together the vegetable oil, lemon juice and grapefruit juice. Add salt and pepper to taste.
4. Pour the dressing over the kohlrabi and cabbage. Toss well.
5. Add the grapefruit sections and toss again. Enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Shred raw kohlrabi and add to a salad.
- Add sliced or shredded kohlrabi to soups and stews.
- Use kohlrabi leaves like other cooking/ braising greens.
- Remember to rinse all fruits and vegetables before using.

# The Nutrition Facts Label—What does it tell us?

Recipe name: Kohlrabi and Grapefruit

<b>Nutrition Facts</b>			
Serving Size: 1/6 of recipe (268g)			
Servings Per Recipe: 6			
<b>Amount/Serving</b>			
<b>Calories</b> 130	<b>Calories from Fat</b> 60		
<b>% Daily Value*</b>			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 60mg			<b>3%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 7g			<b>27%</b>
Sugars 5g			
<b>Protein</b> 3g			
Vitamin A 6%	Vitamin C 210%		
Calcium 6%	Iron 6%		
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Kohlrabi Sauté

<b>Nutrition Facts</b>			
Serving Size: 1/6 of recipe (183g)			
Servings Per Recipe: 6			
<b>Amount/Serving</b>			
<b>Calories</b> 100	<b>Calories from Fat</b> 40		
			<b>% Daily Value*</b>
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>1%</b>
<b>Sodium</b> 60mg			<b>3%</b>
<b>Total Carbohydrate</b> 12g			<b>4%</b>
Dietary Fiber 6g			<b>23%</b>
Sugars 5g			
<b>Protein</b> 3g			
Vitamin A 4%	Vitamin C 160%		
Calcium 4%	Iron 4%		
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH