

What to do with

# KOHLRABI?

## Easy Kohlrabi Dippers

*Take advantage of the Krispy Crunch!*

- Peel and slice into 1/2" x 3" rectangles
- Eat with dips: try it with salsa, hummus, cottage cheese, herbed sour cream-based dips, hot chili oil - your choice!

*Storage: Remove any leaves (these are tasty when steamed!) and store kohlrabi in a tightly sealed container in your refrigerator. This vegetable has a remarkable storage life, making it a winter favorite.*

## Kohlrabi Apple Salad

*Krunchy Kohlrabi really Kicks in this salad!*

- Start with 3 cups of kohlrabi, peeled, trimmed and sliced into matchsticks
- Shred 2 medium carrots and one apple, mix in
- Mix in 2 chopped green onions
- Add 2 Tbsp chopped fresh parsley
- Mix in 4 Tbsp honey-mustard vinaigrette, or similar dressing of your choice
- Alternative: Replace parsley and green onion with 1/3 cup each toasted sunflower seeds, fresh tarragon and gouda cheese



Kohlrabi can seem unfamiliar, even alien-looking, but once you try it, you'll be happy you did!

Use kohlrabi as a substitute for potatoes in almost any recipe, plus many kohlrabi-specific recipes are available on the internet.



*Connecting Iowans with Local Foods*

### **'Rabi Root Ragout**

*Use as a creamy side dish or serve with salad!*

- Peel and dice 1-2 each kohlrabi, plus any turnips, potatoes, or carrots that you have on hand (no set rules on amounts here!)
- Barely cover veggies with water or chicken stock, simmer until they've just gone soft. Do not drain!
- In a second pan, melt 3 Tbsp butter. Add 3 Tbsp flour and stir on medium heat until just starting to brown. Add liquid from simmered veggies 1/4 cup at a time, for a total of 1 cup, stirring rapidly to form a thick gravy. Add to veggies pot, stir well
- Add a generous dose of nutmeg and salt, heat a few minutes more. Dig in!