

What Do I Do with Kohlrabi?

“ Visiting the farmers’ market is a fun experience because you get to choose from a wide variety of your favorite colorful, delicious fruits and vegetables. Squash, apples, onions, peppers, kohlrabi... wait. Kohlrabi? What’s that? Kohlrabi isn’t a vegetable most of us are used to seeing at the grocery store, but it’s delicious and actually very easy to cook. Kohlrabi is a member of the turnip family. You usually see it as a green or purple bulb with dark green leaves. The bulb and stalks taste similar to broccoli stalks, and the leaves are very much like collard greens. One of the simplest, tastiest ways to cook kohlrabi is to roast it.”

Ingredients

- ❖ Kohlrabi
- ❖ Olive oil
- ❖ Minced garlic
- ❖ Salt and pepper
- ❖ Balsamic vinegar

Directions

Preheat the oven to 450 degrees.

Remove the thick, outer layer of the kohlrabi and dice the bulb and stalks.

In a large bowl, toss it with olive oil, minced garlic, salt, and pepper. Spread it on a baking sheet and stick it in the oven for 20 minutes.

After that, stick the kohlrabi and bake for another 10-15 minutes, stirring every 5.

Just before serving, dress it with a little balsamic vinegar.

Easy, right? So pick up some kohlrabi next time you’re at the farmers’ market and impress your family and friends with this yummy and exotic vegetable!