Kohlrabi Recipes

Kohlrabi Salad

Kohlrabi Fennel Slaw with Blue Cheese and Walnuts

Kohlrabi Apple Salad

Baked Kohlrabi Fries

**Kohlrabi Salad**  
Modified from Food52

Ingredients  
1 head kohlrabi  
½ apple, such as Gala  
2 tablespoons rice vinegar  
2 tablespoons sesame oil  
1 pinch cumin  
½ teaspoon fish sauce  
3 tablespoons chopped cilantro  
Salt & freshly ground pepper to taste

Directions  
With a sharp knife, cut off the “branches” of the kohlrabi. Peel it with a vegetable peeler.  
Cut the kohlrabi into matchsticks either using a sharp knife of a mandolin (I used the latter). Do the same with the apple.  
Toss the kohlrabi and the apple with the remaining ingredients and chill before eating.

**Kohlrabi Fennel Slaw with Blue Cheese and Walnuts**  
From healthyseasonalrecipes.com  
  
Ingredients   
½ cup low-fat plain Greek yogurt   
3 tablespoons mayonnaise   
1/2 shallot, minced   
2 teaspoons cider vinegar   
¾ teaspoon salt freshly ground pepper to taste   
1 fennel bulb, cored and julienne cut   
6 cups finely shredded or julienne peeled kohlrabi   
½ cup toasted walnuts   
¼ cup crumbled blue cheese   
  
Instructions   
1. Whisk Greek yogurt with mayonnaise in a large bowl. Add shallot, vinegar, salt and pepper and whisk to combine. Add fennel, kohlrabi, walnuts and blue cheese and stir to coat

**Kohlrabi Apple Salad**  
From Inspiralized  
   
Ingredients:  
1 kohlrabi, peeled, spiralized  
1 green apple, spiralized  
1/4 cup crumbled goat cheese  
2 tbsp chopped walnuts  
1 tbsp dried cranberries  
1 handful baby arugula  
   
For the dressing:  
2 tbsp honey  
1 tbsp red wine vinegar  
3 tbsp olive oil  
1 tbsp country dijon mustard  
salt and pepper, to taste  
   
Directions:  
1.) Place all of the ingredients for the dressing in a bowl and whisk together. Taste and adjust to your preference.  
2.) Place the arugula and kohlrabi and green apple noodles in a bowl and pour over desired amount of dressing.  
3.) Top noodles with goat cheese, dried cranberries and walnuts. Enjoy!

**Baked Kohlrabi Fries**, 2 ways  
From Five&Spice

Ingredients  
2 kohlrabi roots with stems removed   
2 Tbsp. melted coconut oil (or olive oil)  
sea salt or kosher salt  
chili powder & ground cumin

Directions  
1. Preheat oven to 425 F.  
2. To prepare kohlrabi, wash and then peel. It is a hard and large root, so be careful. I would recommend holding your root against your cutting board and peeling straight onto that instead of into the sink. Then cut the kohlrabi into "fry-sized" sticks. First, cut the root in half and then with each half, cut the sticks.  
3. Toss kohlrabi with a generous pinch of salt and the coconut oil on a baking sheet

4. Optional: Sprinkle with lots of chili powder and a smaller amount of ground cumin

5. Bake for 30 minutes, flipping or shaking around once in the middle. Eat with ketchup or other dip of choice.