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.