

# Kohlrabi Slaw

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## INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1 Tbsp apple cider vinegar
- 2 tsp honey
- 1 tsp whole grain mustard
- 1/2 tsp fine sea salt
- 1 large apple, cored and cut into matchsticks
- 1 medium kohlrabi, peeled and cut into matchsticks
- 1/4 cup thinly sliced red onion
- 1/4 cup finely chopped parsley, more for garnish
- Freshly ground black pepper (to taste)

## DIRECTIONS

1. In the bottom of a large bowl, whisk together the oil, vinegar, honey, mustard, and salt.
2. Add the apple, kohlrabi, onion, and parsley, and toss to coat.
3. Season to taste with salt and pepper, garnish with additional parsley, and serve.



## FUN FACT

While kohlrabi is related to cabbage, they have different flavors. Kohlrabi is not a root vegetable despite looking like one. Kohlrabi leaves can be used in similar ways as spinach. Kohlrabi also has the nickname Sputnik, since the vegetable looks like the early Russian space satellite!



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## Krazy for Kohlrabi!

### NUTRITION FACTS

- Kohlrabi is rich in dietary fiber, vitamin C, vitamin B6, potassium, and manganese. It's also a good source of folate, magnesium, phosphorus, and copper.
- A half-cup serving of kohlrabi provides 70% of the daily recommended amount of vitamin C.

### Did you know?

- Kohlrabi is a member of the cabbage family, and its unique taste is due to its glucosinolate content. Glucosinolates are compounds that may help reduce the risk of certain cancers and support liver detoxification. Eating kohlrabi regularly can contribute to overall health and wellness.



**PRODUCE SEASONALITY IN NJ**  
• Kohlrabi: Late April to end of October.

### SHOPPING & PREPARATION TIPS

- Choose firm, unblemished bulbs with fresh-looking leaves. Smaller bulbs are often more tender and less fibrous.
- Store kohlrabi bulbs in the refrigerator for up to two weeks. Remove the leaves before storing to keep them fresh.
- Peel the tough outer skin before consuming. Kohlrabi can be eaten raw or cooked.
- Raw Uses: Slice or shred raw kohlrabi for salads or slaws. Its crisp texture and mild, slightly sweet flavor make it a great addition to raw dishes.
- Cooked Uses: Kohlrabi can be roasted, steamed, or sautéed. It pairs well with garlic, onions, and herbs. Try roasting it with olive oil and seasoning for a delicious side dish.
- Leafy Greens: Don't discard the leaves! Kohlrabi leaves are edible and can be cooked similarly to kale or collard greens. Sauté them with garlic and olive oil for a nutritious side.