

# 5 WAYS TO EAT KOHLRABI



## 1. Eaten Raw

When raw, kohlrabi is slightly crunchy and mildly spicy, like radishes mixed with turnip. You can toss them in a salad, make a slaw out of grated kohlrabi, or eat them on their own with a drizzle of good rapeseed or olive oil and a sprinkling of sea salt.

## 2. In Soup

While kohlrabi can be thrown into a basic chunky vegetable soup, we particularly like it in a creamy, pureed soup with mild spices so that sweet kohlrabi flavour can really shine through. Kohlrabi can also be added to recipes for Cream of Potato, Cream of Broccoli, and even Cream of Mushroom soup!

## 3. Made Into Fritters

This is a great way to get kids to eat their kohlrabi! Shred it and mix with an egg and a few tablespoons of flour or breadcrumbs. Heat oil or butter in a flat skillet, drop on small mounds, and flatten slightly with the back of your spatula. Turn after a few minutes, and serve when both sides are crispy.

## 4. Roasted

Like most other vegetables, when roasted in the oven, the outside of the kohlrabi caramelizes, and the flavor sweetens and mellows. We like to toss it with other roasted veggies like eggplant and potatoes for a hearty side dish.

## 5. Steamed

This is kind of a cheat-suggestion because kohlrabi can be used in literally *anything* once steamed. We throw steamed kohlrabi into frittatas, stir-fries, and pasta dishes. We also like to puree it with a little cream and simple spices. There are even recipes for stuffing steamed kohlrabi into empanadas and calzones!