

Kohlrabi

You might be wondering what this weird looking vegetable is. Its called a Kohlrabi (cole-rab-ee) and is related to broccoli in the Brassica or Wild Mustard Family of plants. It tastes the same as the stem of a broccoli and is super crunchy and delicious.

There's lots of different ways you can eat it:

- grated in salads
- julienned in coleslaw
- cut and roasted like fries
- cut up for a fresh snack for dips
- and many more wq



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Kohlrabi Fries Recipe

Ingredients: For 4 servings

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about 2 medium to large kohlrabi
3 tablespoons oil divided
1 tsp garlic powder, optional
1 tsp chili powder
1 tsp black pepper
 $\frac{3}{4}$ tsp salt

Instructions

Preheat oven to 425 degrees Fahrenheit.
Peel Kohlrabi
Cut into fry or wedge shape
Blot with towel to remove moisture
Place kohlrabi fries in a bowl and toss with 2.5 tbsp of oil, garlic and chili powder, black pepper and salt, ensuring the kohlrabi fries are well coated with the oil and seasonings.
Grease baking sheet remaining oil.
Place kohlrabi fries onto prepared baking sheet and spread them out in a single layer. Bake for about 30 minutes, turning halfway.
Transfer kohlrabi fries to a serving dish.

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