

Kohlrabi

After peeling, kohlrabi can be eaten raw or cooked:

- Peel with a sharp knife, then slice and add to salads or cut into veggie sticks and serve with dip. Kids love 'em!
- Cut into chunks, steam, and add to a creamy and chunky soup or with other veggies for a stir-fry, pizza topping, or empanada filling
- Fritters: shred, mix with an egg and bread crumbs, and fry on stovetop
- Tops can be steamed and blended into soups, or when tender added to salads
- Store: refrigerate bulbs and greens separately in plastic bags



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