



**Cornell University**  
Cooperative Extension  
New York City



## Kohlrabi Fries

Yields 5 servings (½ cup each)

### Ingredients

- 4 kohlrabi bulbs, peeled, chopped (or 4 cups)
- ¼ cup fresh ginger, peeled, chopped
- 2 garlic cloves, chopped
- ½ teaspoon black pepper
- 2 tablespoons extra virgin olive oil
- ½ cups cilantro, fresh, finely chopped

### Instructions

1. Wash all produce with cold, running water. Carefully wash the cilantro in a bowl full of water and rinse the bowl several times. Peel the ginger and the kohlrabi bulbs.
2. Chop the ginger and garlic. Chop the kohlrabi into long strips, about ½ inch wide. Finely chop the cilantro and set it aside.
3. Heat a skillet in medium heat and add the olive oil. Add the chopped garlic and ginger and stir for 1 minute. Sprinkle the black pepper.
4. Add the kohlrabi strips to the skillet and cover the pan. Let it cook for 5-7 minutes until they are tender and lightly browned.
5. Sprinkle cilantro leaves on top of the kohlrabi. Serve and enjoy.

### Helpful Information

- Kohlrabi is a cruciferous vegetable in the same family as broccoli and, kale, and can be found in fall and winter. Kohlrabi is a crunchy and tastes like mild broccoli. Kohlrabi bulbs can be either green or purple. Both the bulbs and leaves are edible.
- Ways to prepare kohlrabi: add shredded kohlrabi to a salad or coleslaw, add slices of kohlrabi to a stir fry, stew, or soup or sauté chopped kohlrabi leaves with olive oil and garlic.
- Kohlrabi is rich in potassium which can reduce risk of heart disease and stroke. Kohlrabi has vitamin C and calcium and magnesium which can boost immunity and strengthen bones.
- Kohlrabi is high in fiber which can lower blood glucose and cholesterol and relieve constipation.

**Source:** CUCE-NYC FMNP Recipe Collection 2023

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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<b>Nutrition Facts</b>	
Servings Per Recipe	5 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 387mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.





## Colinabo Frito

Rinde 5 porciones (½ taza cada una)

### Ingredientes

- 4 bulbos de colinabo o “kohlrabi”, pelado, picado (o 4 tazas)
- ¼ de taza gengibre fresco, pelado, picado
- 2 dientes de ajo, picado
- ½ cucharadita de pimentita negra
- 2 cucharadas de aceite de oliva extra virgen
- ½ taza de cilantro, fresco, picado finamente

### Instrucciones

1. Lave todos los vegetales con agua fría corriente. Lave el cilantro en un tazón lleno de agua y enjuague el tazón varias veces. Pele el gengibre y los bulbos de colinabo o “kohlrabi”.
2. Corte el gengibre y el ajo. Corte el colinabo en tiras largas de ½ pulgada de ancho. Corte el cilantro finamente y déjelo a un lado.
3. Caliente un sartén a fuego medio y agregue el aceite de oliva. Agregue el ajo y el gengibre picado y muévelo por un minuto. Espolvoree la pimienta negra encima.
4. Agregue las tiras del colinabo y cubra el sartén. Déjelo cocinar de 5-7 minutos hasta que esté suave y ligeramente dorado.
5. Espolvoree el cilantro picado sobre el colinabo. Sirva y disfrute.

### Información Útil

- El kohlrabi o colinabo es una verdura crucífera de la misma familia que el brócoli y la col rizada y se puede hallar durante el otoño y el invierno. El colinabo es crujiente y sabe un poco a brócoli. Los bulbos del colinabo pueden ser verdes o morados. Se pueden comer tanto los bulbos como las hojas del colinabo.
- Maneras de preparar el colinabo o kohlrabi: agregue colinabo rallado a una ensalada de col, agregue rodajas de colinabo a un salteado, a un estofado o a una sopa y saltée las hojas de colinabo con aceite y ajo.
- El colinabo es rico en potasio lo cual puede reducir el riesgo de enfermedad al corazón y ataque cerebral. El colinabo tiene vitamina C, calcio y magnesio lo cual puede fortalecer la inmunidad y los huesos.
- El colinabo es alto en fibra lo cual reduce el azúcar en la sangre y el colesterol y alivia el estreñimiento.

**Source:** CUCE-NYC FMNP Recipe Collection 2023

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