

Roasted Kohlrabi

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Written for The UW Farm's newsletter, *The Weekly Dirt*, 6/29/2022



Cultural and historical information:

Purple kohlrabi is native to northern Europe and has been cultivated since ancient times. Kohlrabi is known as the “cabbage turnip” and is a popular vegetable in Hungary, Germany, France, Italy, and Russia.

Nutritional value:

The deep purple color of fruits and veggies is usually a sign these foods have a good dose of antioxidants. A particular type of antioxidant called anthocyanin that gives plants (including flowers) their vivid violet colors. Purple kohlrabi is high in vitamin C and is a good source of both fiber and potassium. The nutrient-dense stem also contains high amounts of phosphorus, magnesium, calcium, and iron. The purple pigment in the skin of purple kohlrabi attract pollinators, like bees and butterflies. They also can help protect help protect and boost the immune system.

Source: <https://www.healthline.com/nutrition/kohlrabi#what-it-is>

Total Preparation time: 25mins

Servings: 2

Ingredients

- 2 kohlrabi bulbs, peeled and cut into thick slices
- 1 clove garlic, minced
- 3 tablespoon olive oil
- 1 teaspoon salt
- 1/4-1/2 teaspoon black pepper
- 1/3 cup grated Parmesan cheese

Directions

1. Preheat an oven to 450 degrees F (230 degrees C).
2. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.
3. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.