



Weekly Veg Box

Get to know: Kohlrabi

Kohlrabi, a member of the turnip family, has been a popular vegetable in Europe since the 16th century but didn't make its way into American kitchens until the 19th century, and is still unfamiliar to many home cooks around the world. The globe-shaped stem of the plant is the part that's generally eaten, though the leaves can be used in salads. Kohlrabi comes in several different colours: The purple kohlrabi is generally spicier than the white or light green kohlrabi, which is sweeter.



The Facts

Half a cup of cooked kohlrabi contains 24 calories. A 1/2-cup serving of kohlrabi has 5.5g of protein and 1.5g of fat. Kohlrabi contains no fat or cholesterol. A 1/2 cup of kohlrabi has 17mg of sodium, 1g of dietary fibre and 44mg of vitamin C.

Significance

Because kohlrabi is low in calories and contains no fat or cholesterol, it's a heart-healthy addition to your diet. It's also a low-sodium choice when prepared with no added salt. Kohlrabi is a good source of vitamin C since 1/2 cup of kohlrabi gives you about 70 percent of the daily recommended amount of vitamin C.

Health Benefits

Kohlrabi contains phytochemicals called isothiocyanates, which may have protective benefits against certain kinds of cancer, according to the University of Maryland Medical Center. Isothiocyanates help with the conversion of estrogen in the body and may also create a barrier against the hormones that are associated with breast and prostate cancer

source: <http://www.livestrong.com/article/41901-kohlrabi-nutrition-information/>

image: <http://thrive.ngsdevelopment.co.uk/whats-it-called/>

Kohlrabi Carrot Fritters with Avocado Cream Sauce

Recipe by: a Couple Cooks

Serves: 8 fritters

What You Need:

- 2 kohlrabi
- 1 carrot
- 1 egg
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne
- ½ cup grapeseed or vegetable oil (enough for ½ -cm depth in a large skillet)
- ½ avocado
- ¼ cup plain yogurt
- ½ lemon
- ¼ teaspoon kosher salt
- Green onions (for garnish)

What To Do:

1. Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with 1 egg, ¼ teaspoon kosher salt, and ¼ teaspoon cayenne. Mix to combine.
2. Place ½ cup oil in a large skillet (enough for ½ -cm depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.
3. In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon kosher salt to make the avocado cream (or blend the ingredients together in a food processor).
4. Serve fritters with avocado cream and sliced green onions.

Notes: These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

source: www.acouplecooks.com/2013/01/kohlrabi-fritters-with-avocado/

More information

- How to Cut Up Kohlrabi: www.thekitchn.com/how-to-cut-up-kohlrabi-cooking-lessons-from-the-kitchn-205838
- Kohlrabi Home Fries: cooking.nytimes.com/recipes/12350-kohlrabi-home-fries
- Cooking Tips and Recipes: www.mariquita.com/recipes/kohlrabi.html