



How to roast kohlrabi, a simple way to cook kohlrabi, just cubed and oven-roasted. Low carb. Weight Watchers 1 point.

*~recipe & photo updated 2010~
~[more recently updated recipes](#)~*

Easy. Simple. Healthful. And tastes good! In short, a winner recipe.

Until now, I've only eaten kohlrabi raw, almost like apples except peeled and sliced. Kohlrabi is full of flavor, moisture and most importantly for pre- and post-supper munchies, crunch.

But this is the first time I cooked kohlrabi, except for tucking a couple into this [Warm Root Salad with Horseradish Vinaigrette](#) where the kohlrabi flavor was mish-mashed with all the other root vegetables.

Roasted kohlrabi stays on the Keeper List!

2010 Update: Looking for an idea of how to cook the kohlrabi greens (that is, the kohlrabi leaves)? Try [Asian Greens!](#)



WHAT IS KOHLRABI? Back to basics! Kohlrabi (kol-ROB-ee) is a member of the turnip family. Some times it's called 'cabbage turnip'. Mostly I find kohlrabi with bulbs that are a pretty light green color but I've also seen purple kohlrabi on occasion. What looks like a bulb is actually just an enlarged portion of the stalk. Especially to eat raw, look for small ones, about three inches across. At the farmers market, like mine, they'll often still be attached to their greens which you cook like collards, low and slow. If you like broccoli stalks, you'll like kohlrabi.

ROASTED KOHLRABI

Hands-on time: 10 minutes

Time to table: 45 minutes

Serves 4 (smallish servings since roasted vegetables shrink so much)

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced

1 tablespoon olive oil

1 tablespoon garlic (garlic is optional, to my taste)

Salt

Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

NUTRITION ESTIMATE

Per Serving: 64 Calories; 3 g Tot Fat; 0 g Sat Fat; 8 g Carb; 4 g Fiber; NetCarb 4; 31 mg Calcium; 1 mg Iron; 23 mg Sodium; 0 mg Cholesterol; 2 g Protein; Weight Watchers Old Points 1, PointsPlus 1

RECIPE INSPIRATION Adapted from [Vegetables Every Day](#) by Jack Bishop