

Kohlrabi Cheese Fries

3-4 large potatoes, kohlrabi, or both cut into wedges
3 T. melted butter
½ c. parmesan cheese (or other)
¾ tsp. salt
¼ tsp. garlic powder
¾ tsp. paprika (Hungarian if you can find it, but the normal stuff will do)



Preheat oven to 375°. Combine the cheese, salt, garlic powder and paprika in a bowl. Dip wedges in melted butter, then arrange in a single layer in a baking pan. Sprinkle cheese mixture over kohlrabi and bake for about 40 minutes or until tender and browned. (The thicker the wedges the longer the cooking time.)

(Adapted by Mickey Fleming)

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Why not try a new vegetable today?

Kohlrabi

These funny looking vegetables come in green or purple, can be eaten raw or cooked, and taste a lot like broccoli stems. The word kohlrabi is German for cabbage turnip. Kohlrabi tastes a bit like a mild, sweet broccoli stem.

Cooking ideas

- Roast in the oven with garlic & oil. Add a bit of vinegar at the end.
- Tender, young kohlrabi is delicious eaten raw. Make sure to peel outer skin and add it to salads or slaws. Substitute in recipes calling for radishes.
- Kohlrabi can also be steamed or boiled. For this preparation don't peel until after they are cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain.
- If the leaves attached to the kohlrabi bulb are fresh and green, they can be enjoyed as a cooked green.



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