



FARMSTAND BAKED KOHLRABI

Kohlrabi is a crossbreed between a turnip and a cabbage – and even though it looks like a root vegetable, the large bulb grows above the ground.

3 medium kohlrabi
1 teaspoon salt
1 cup unseasoned breadcrumbs
2 teaspoons Spice Blend (any flavor you prefer)

Pre-heat oven to 375 degrees.

Peel the kohlrabi and remove the core. Cut the kohlrabi into ¼-inch slices. In a large pot of boiling water, add 1 teaspoon of salt. Add the kohlrabi and cook for about 2 minutes. Place in an ice water bath for 3 minutes then drain on paper towels. In a shallow plate, pour in bread crumbs and seasoning and toss each slice of kohlrabi.

Place the kohlrabi on a greased cookie sheet and bake in a 375 degree oven for 5 minutes or until slightly soft.

From the files of JoAnn Relf

*Items available at Chicago Downtown Farmstand

