



## CULINARY LEARN AND SHARE

# Roasted Kohlrabi

### Ingredients

- Medium-sized kohlrabi or enough for 2 cups of 'sticks', cleaned and trimmed
- ½ teaspoon (2.5 mL) garlic powder
- ½ teaspoon (2.5 mL) onion powder
- ¼ teaspoon (1.25 mL) kosher or sea salt
- 1 teaspoon (5 mL) olive oil
- Cooking spray\*

\* *Substitute cooking spray by brushing pan with oil.*

### Directions

Preheat oven to 400 degrees F (205°C).

Lightly spray cooking spray or brush oil onto baking sheet.

Cut kohlrabi into rounds then cut the rounds into sticks. Place in medium sized bowl and add seasonings and oil.

Toss until evenly coated.

Spread out seasoned kohlrabi sticks on the baking pan and then bake in oven for about 15-20 minutes or until golden brown.

**Chef's Note:** Other spices can be used to change up how you incorporate kohlrabi into your meals. Some ideas could be using a combination of cumin, garlic, and onion powder with a little cayenne pepper for a zestier flavor or adding fresh chopped thyme with the current recipe.

Recipe Submitted Anonymously



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