

Kohlrabi and Egg Noodles

Enjoy this simple yet flavorful Hungarian dish featuring egg noodles and kohlrabi seasoned with salt and pepper.

Makes: 8 Servings
 Prep Time: 10 minutes
 Cook Time: 20 minutes

Source: University of Maryland Extension: Foods for Thought

Ingredients

- 4 cups egg noodles
- 2 tablespoons butter or margarine
- 3 cups grated kohlrabi
- Salt and pepper to taste

Directions

1. Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water, stirring occasionally, until cooked through yet firm to the bite, about 5 minutes; drain.
2. Melt butter in a skillet over medium heat. Add kohlrabi, season with salt and pepper, and cook until the kohlrabi is tender, 7 to 10 minutes.
3. Stir the drained egg noodles into the kohlrabi. Cook and stir until the noodles are slightly fried, 5 to 7 minutes.
4. Serve immediately.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	105
Total Fat:	4g
Saturated Fat:	0g
Cholesterol:	23.6mg
Sodium:	34mg
Total Carbohydrates:	15g
Dietary Fiber:	2.6g
Total Sugars:	1.9g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Large pot
- Wooden spoon
- Colander
- Skillet
- Measuring spoons
- Measuring cups
- Grater or food processor



SHOPPING LIST

Average total cost without oil and seasonings: \$6.66

Average cost/serving: \$0.83

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Kohlrabi, bunch



Add 1 to Cart
Egg Noodles,

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Short-term storage of kohlrabi: If leaves are still attached, cut them off and place the leaves in a damp paper towel in a loose plastic bag for up to three days.
- You can store kohlrabi bulbs in the refrigerator crisper drawer for about two weeks.
- Long-Term Storage: Kohlrabi may be frozen. It is not recommended for canning.

