RECIPE

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

Small Changes, BIG Difference!

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.

Grains

Vegetables

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

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.