

NEW!

Kohlrabi Veggie Sticks (aka: "Kool Robbi!™")

The Superfood You've Probably Never Heard of!

(Hint: this delicious, nutritious, versatile and crunchy vegetable has been loved around the world for centuries!)

Nutrition Advantages of Kohlrabi

- Energy and Nutrient Dense
- An excellent source of Vitamin C...
more than oranges!
- More nutritious than carrots
- A good source of Dietary Fiber
- A good source of Vitamin B6
- A good source of Potassium

Fun Facts about Kohlrabi

- Kohlrabi is a member of the brassica family – related to cabbage, broccoli, brussel sprouts
- Enjoyed for centuries in Europe and Asia
- Kohlrabi is the 'new star' in the salad bar!
- Has a very pleasant taste--eats like Jicama but is more refreshing!
- It's a delicious, nutritious snack served raw (sticks, cubes)
- It's a healthy crouton substitute on salads (crouton-sized)
- A great nutrient-boosting side dish when cooked, too
(hint: it's a perfect blending vegetable to make your mashed potatoes more nutritious!)

Kohlrabi is a Vegetable Game-Changer!

- Meets the NSLP Meal Pattern Requirements
- Classified as an "other" vegetable
- Qualifies for the FFVP
- Adds Menu Variety
- Like potatoes, very easy to roast, steam, braise, bake, boil, puree, and mash – nothing fussy about it!
- No prep necessary! Comes in sticks and cubes, pre-cleaned, chopped and ready to use



Delicious for Healthy Dipping!

- Ranch Dressing
- Yogurt
- Peanut Butter
- Tajin® Clásico Seasoning (Mexican Chilies, Salt and Dehydrated Lime)
- Even Ketchup!



Kohlrabi Nutrition

Based on a 2oz Serving

Sodium	11.4 mg
Carbs.	3.4 g
Dietary Fiber	2.3 g
Sugars	1.7 g
Proteins	1.1 g

USDA Data

Kohlrabi is an excellent source of vitamin C since ½ cup of kohlrabi gives you about 70 percent of the daily recommended amount of vitamin C. Because it is so low in both calories and sodium while containing no fat or cholesterol, it's a heart-healthy addition to any diet.

Bejo offers a snacksize kohlrabi portion without any preservatives or additives to serve as a healthy crisp and crunchy snack for all ages.



Recipe Kohlrabi Raw Slaw

Recipe courtesy of Chef Mareya Ibrahim, The Fit Foodie

Standardized Recipe Form

Recipe Name Kohlrabi Raw Slaw Category Vegetable Recipe # _____
(i.e., entrée, breads)

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

Ingredients	For <u>50</u> Servings		Directions: Include <i>step by step instructions</i> , the <i>critical control points (CCP)</i> -specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	Weight	Measure	
Kohlrabi Sticks	6 lbs.		1. Chop kohlrabi sticks, quartered beets and cored apples into fine dice in food processor 2. In a large mixing bowl, whisk together peanut butter, olive oil, vinegar, pineapple juice, lime juice, and sea salt. 3. Add kohlrabi mixture and toss thoroughly. 4. Serve in pre-portioned cups or on salad bar.
Fresh Beets, cleaned, peeled and quartered	4 lbs.		
Granny Smith or Fuji Apples, cleaned, cored and quartered	3.5 lbs.		
Natural Smooth Peanut Butter or Sunflower Butter		2 ½ Cups	
Olive Oil		½ Cup	
Rice Wine or Apple Cider Vinegar		1 Cup	
Unsweetened Pineapple Juice		2 ½ Cups	
Fresh Lime Juice		1 Cup	
Low Sodium Sea Salt		2 Tbsp	

Serving Size 1/2 Cup Pan Size _____

Yield 50 servings Number of Pans 1

Oven Temperature & Baking Time:
 Temperature _____ Minutes _____
 Conventional _____
 Convection _____

Meal Pattern (Based on Serving Size): Lunch K-12

Meat/Meat Alternative
 Fruit/Vegetable
 Grains/Breads

If available, Nutrition Analysis: Serving Size: _____
 _____ Calories _____ Saturated Fat (g) _____ Vitamin C (mg)
 _____ Protein (g) _____ Sodium (mg) _____ Vitamin A (IU)
 _____ Total Fat (g) _____ Fiber (g) _____ Calcium (mg)
 _____ Iron (mg)

STANDARDIZED RECIPES

A standardized recipe is a recipe that has been tried, tested, evaluated and adapted for use by a food service. It produces a consistent quality and yields every time when the exact procedures, equipment and ingredients are followed.

Steps:

- Prepare a recipe to be standardized and test it until a high-quality product is produced.
- Write the recipe to include the name, exact ingredients and quantities on a standardized recipe form or any other format that is used in your food service. Weight is a more accurate measurement than volume and should be used when a scale is available.
- List step-by-step instructions for preparation and cooking, including equipment, oven temperature and cooking time. Include Critical Control Points (CCPs) including critical limits (time and temperature) as appropriate for the Hazard Analysis and Critical Control Points (HACCP) process chosen. Also include final product temperature (if not a CCP) as a part of the recipe.
- Include the yield and portion size on the recipe. Record the serving utensil to be used. You may find the yield and servings by measuring and counting the actual servings made from the recipe.
- Provide information on how the product meets the meal pattern requirement for your menu planning options. The nutrient analysis is only necessary for nutrient-based menu planning or if it is available.
- Adjust the recipe to correct the yield (number of servings) needed for each preparation/service area.
- Conduct a taste testing with staff to judge the appearance, texture, flavor and overall acceptability of the product. Instruct staff on the importance of following the recipe accurately and consistently.
- Re-adjust recipe as needed so that it yields a consistent product that students like. File in your recipe file and use as needed.

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