

## **Kohlrabi stuffed with Spinach and Feta Cheese**

Kohlrabi comes in different colors (purple and white), but once peeled, they all have a creamy white interior. When preparing kohlrabi, you should always peel off the tough outermost layer with a sharp knife. Kohlrabi is a treasure of the vegetable kingdom. A cup of raw kohlrabi has just 36 calories. Goat cheese would be a good substitute for feta cheese

### **Ingredients:**

4 large Kohlrabis or 8 smaller ones  
4-5 cups of baby spinach ( pressed down)  
7 ounces ( 200 grams) feta cheese  
2-3 TBS olive oil  
4 TBS finely chopped shallots  
1 TBS scant finely chopped garlic (a large clove)  
2 small eggs  
½ cup cream or half and half  
salt and pepper to taste  
a pinch of freshly ground nutmeg

### **Directions:**

Preheat the oven to 350° Fahrenheit (180° Celsius).

Peel the kohlrabi with a sharp knife and cut them in half lengthwise. Put the halves in boiling salted water and simmer for 10 -12 minutes. The kohlrabi halves should still be firm. Keep the cooking water and hollowed out kohlrabi meat to use with the sauce.

Using a serrated grapefruit spoon or small knife, hollow out the center of each kohlrabi half, making a bowl in the center, so you can stuff the kohlrabi. If the kohlrabies are small buy 8 kohlrabies and use the whole kohlrabi for the the bowl. Peel and cut of both ends, then hollow out the kohlrabi.

### **The Stuffing:**

Peel and finely chop the shallots and garlic cloves. Sauté them in the olive oil. Add the cleaned spinach and cook with a lid until the spinach wilts, about three minutes. Drain the spinach in a sieve (to get all the liquid out) and cool.

Chop the spinach and mix it with the eggs and crumbled feta cheese. Season with salt, pepper and freshly ground nutmeg. Fill the the kohlrabi halves (you might have some leftover stuffing). I baked my extra stuffing in a small, greased baking dish.

Puree about 2 cups of the cooking water with the leftover kohlrabi meat that you saved when you hollowed out kohlrabi in a food processor. Add the cream and season with salt, pepper, and some nutmeg.

Put the kohlrabi in a baking dish and pour the sauce around the kohlrabi. The sauce should cover the kohlrabis by about an inch (2 cm ).

Bake the stuffed kohlrabi for about 30 minutes.

This dish will keep in the refrigerator for several days.

*Guten Appetit!*

Recipe adapted from a German recipe  
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