



# Roasted Kohlrabi, Beets, and Fennel

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 3 servings | Serving Size: 1 cup

## Ingredients

- 2 medium kohlrabi
- 2 medium beets
- 1 head fennel
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons grated parmesan cheese
- ½ teaspoon dried parsley (or 2 tablespoons fresh chopped parsley)

## Directions

1. Pre-heat oven to 425 degrees.
2. Wash, peel and chop kohlrabi into ¾-inch cubes. Add to baking sheet.
3. Wash, peel and slice beets into ½-inch pieces. Add to baking sheet.
4. Wash fennel. Cut off green ends and root end. Slice bulb into ½ inch slices. Add to baking sheet.
5. Drizzle oil over vegetables and gently toss to combine.
6. Sprinkle with salt and pepper and toss again.
7. Roast for 30 minutes, stirring after 15 minutes.
8. Remove from oven. Add parmesan and parsley. Toss and enjoy.

## Recipe Notes

- Works well with a variety of root vegetables.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 7 g | Saturated Fat: 2 g  
Sodium: 390 mg | Total Carbohydrate: 18 g | Dietary Fiber: 7 g | Protein: 7 g**

Adapted from [foodnetwork.com](http://foodnetwork.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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