



# Roasted Kohlrabi, Beets, and Fennel

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

Yield: 4 servings | Serving Size: ~ $\frac{3}{4}$  cup

## Ingredients

2 kohlrabi bulbs, peel and chopped into  $\frac{3}{4}$ - to 1-inch cubes

2 medium beets, peeled and sliced about  $\frac{1}{2}$ -inch-thick

1 medium fennel bulb, cored and sliced about  $\frac{1}{2}$ -inch-thick

1 tablespoon olive oil

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

2 tablespoons grated or shredded parmesan

2 tablespoons chopped fresh parsley (or  $\frac{1}{2}$  teaspoon dried parsley)

## Directions

1. Preheat the oven to 425°F.
2. Add the kohlrabi, beets, and fennel to a baking sheet.
3. Add the oil, salt, and black pepper. Toss to combine.
4. Roast in the oven until fork-tender, about 25-30 minutes, stirring about halfway through the cooking time.
5. Remove from oven.
6. Add the parmesan and parsley. Toss to combine.
7. Serve warm.

## Recipe Notes

- This recipe 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

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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