



Give Them More
of the
Good Stuff!

Leek Basics

Shop and Save

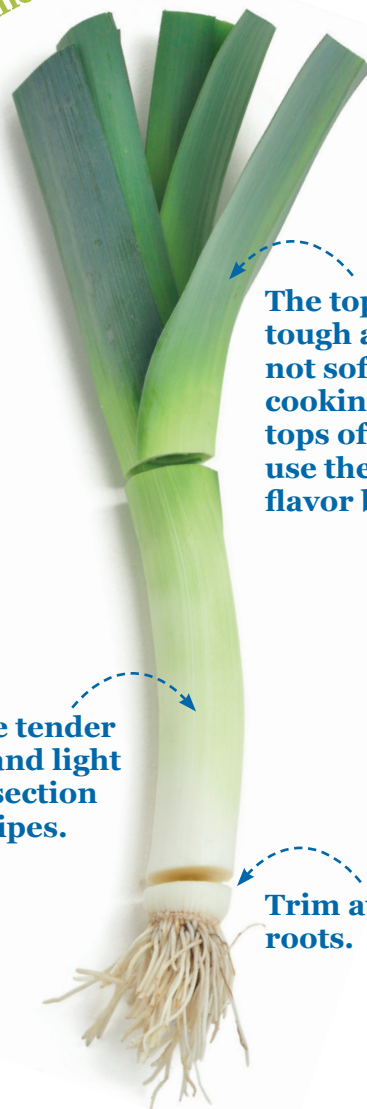
- ✿ Choose leeks with firm, crisp stalks and as much white and light green as possible. Avoid leeks with cuts or bruises.
- ✿ The dark green tops of leeks should look fresh. Avoid leeks with yellowing or wilting tops.
- ✿ Choose smaller, younger leeks when you want to eat them uncooked.
- ✿ Fresh leeks are usually available year round. In Oregon, look for local leeks from September through April.

Quick Fix

- ✿ Leeks are sweeter and milder than onions and can be eaten raw or cooked. Any recipe that calls for onions can use leeks.
- ✿ Use sliced leeks in any type of salad or grain bowl.
- ✿ Add leeks to casseroles, soups or stews.
- ✿ Roast leeks in the oven along with your favorite vegetables.
- ✿ Serve cooked leeks with a vinaigrette dressing.
- ✿ Use raw chopped leeks as a garnish like green onions.



Leeks provide antioxidants and nutrients for good health, including vitamins A, C and K.



The tops are tough and do not soften with cooking. Cut tops off and use them to flavor broth.

Use the tender white and light green section for recipes.

Trim away the roots.

Store Well Waste Less



- Refrigerate leeks in a container with airflow for up to two weeks.
- Rinse leeks just before using. Trim away the roots and dark green tops. Cut the middle section in half lengthwise. Rinse under cool running water. Allow water to reach between all the layers.
- Freeze extra leeks for cooked recipes. Cut into pieces and freeze on a baking sheet until firm. Store in labeled airtight containers. For best quality, use within a few months.

Leeks belong to the allium family with onions, scallions, chives and garlic.

Enjoy Leeks

Sautéed Leeks and Apples

Ingredients:

- 1 medium **leek**, chopped (about 3 cups)
- 2 teaspoons **vegetable oil**
- 2 medium **apples**, cored and chopped
- 1 Tablespoon **honey** or brown sugar (see **Note**)
- 1 teaspoon **vinegar** (any type)
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. In a medium skillet over medium heat, sauté leeks in oil until soft, about 5 minutes.
3. Add apples. Stir often while cooking until the apples begin to soften, about 3 minutes.
4. Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.
5. Refrigerate leftovers within 2 hours.

Note: Honey is not recommended for children under 1 year old.

Makes about 4 cups

Prep time: 10 minutes

Cook time: 8 to 10 minutes

Go to
FoodHero.org
for easy, tasty
leek recipes

Leek and Mushroom Orzo

Ingredients:

- 2 cups chopped **leek**
- 1 Tablespoon **vegetable oil**
- 2 cups sliced **mushrooms**
- 1 cup dry **orzo** (rice-shaped pasta) or bulgur
- 2 cups low-sodium **broth** (any type)
- 1 ½ cups chopped **tomato** (fresh or canned)
- 3 Tablespoons **cream cheese**
- 1 teaspoon **garlic powder**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. In a medium skillet over medium heat, sauté leeks in oil until soft, about 5 minutes.
3. Add mushrooms and cook until soft, about 5 minutes.
4. Stir in the orzo and toast lightly, stirring often, for about 3 minutes.
5. Add broth and bring to a boil. Reduce heat to simmer, stirring once in a while until the orzo is almost tender, about 8 minutes.
6. Add the tomatoes and simmer until orzo is tender, about 2 minutes.
7. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
8. Refrigerate leftovers within 2 hours.

Makes about 4 ½ cups

Prep time: 15 to 20 minutes

Cook time: 25 to 30 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ rinse produce under cool running water.
- ❁ measure and mix ingredients.
- ❁ slice or chop produce on a cutting board by cutting down and away from their fingers and body.