



Give Your Family More of the Good Stuff!

OSU
Oregon State
UNIVERSITY
Extension Service



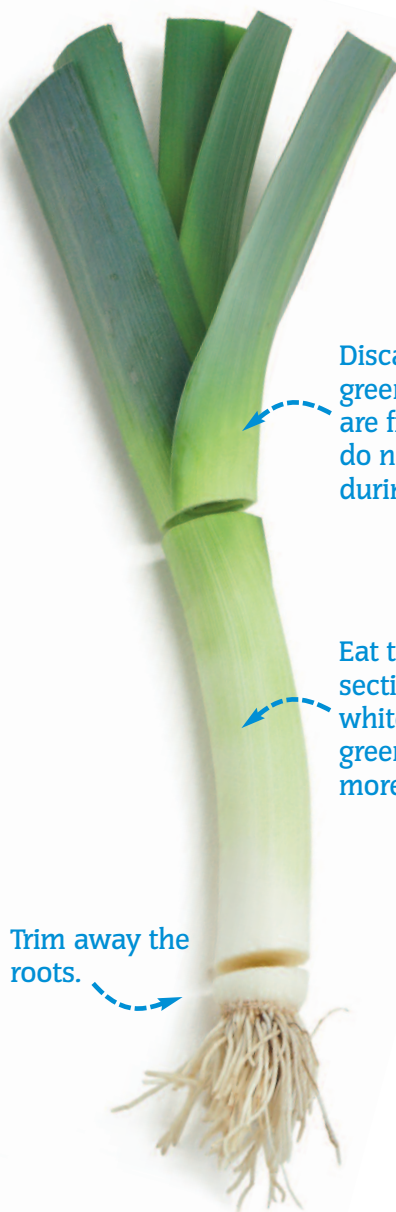
\$hop and \$ave

- Select firm, crisp stalks with as much white and light green as possible. (The dark green portion is not edible.) Avoid leeks with yellow or withered tops.
- Fresh leeks are generally available year round.
- Frozen leeks might be a good option for some recipes and are easy to keep on hand.

Leeks are similar to onions but have a sweeter, milder flavor.

Leek Basics

Leeks contribute vitamins A, C, K and folate.



Store Well Waste Less



- Leeks are best used soon after harvest. Refrigerate in a plastic bag for up to two weeks.
- Wash just before use. Leeks need to be washed well because soil is pulled up around the stem as they grow. There is almost always grit caught between the layers.
 - Cut off the roots, the dark green tops, and any damaged outer layers.
 - Slice once lengthwise.
 - Rinse thoroughly under running water, cleaning between each layer to remove soil and sand.
 - Chop or slice as needed.
- Leeks can be frozen in slices or whole lengths. Seal in airtight bags. For best quality, use within 3 months.

Quick Fix

- Leeks can be eaten raw or cooked.
- Use sliced leeks in salads—green, pasta or potato.
- Add leeks to casseroles for a mild onion flavor.
- Roast leeks in the oven along with your favorite vegetables.
- Add leeks to soups or stews.
- Serve cooked leeks with a little vinaigrette dressing.
- Use raw chopped leeks as a garnish like green onions.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Cooking with Leeks

Sautéed Leeks and Apples

Ingredients:

- 1 medium **leek**, chopped (about 3 cups)
- 2 teaspoons **oil**
- 2 medium **apples**, cored and chopped
- 1 Tablespoon **honey**
- 1 teaspoon **vinegar**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add apples and continue cooking, stirring frequently, until apples begin to soften (about 3 minutes).
3. Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.
4. Refrigerate leftovers within 2 hours.

Makes about 4 cups

Prep time: 10 minutes

Cook time: 8 to 10 minutes

Leek and Mushroom Orzo

Ingredients:

- 2 cups **leeks**, chopped
- 1 Tablespoon **oil**
- 2 cups **mushrooms**, sliced
- 1 cup dry **orzo** (rice shaped pasta)
- 2 cups **chicken** or **vegetable broth**
- 1½ cups **tomato**, chopped
- 3 Tablespoons light **cream cheese**
- 1 teaspoon **garlic powder**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes).
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
7. Refrigerate leftovers within 2 hours.

Note: See **FoodHero.org** to use bulgur or rice instead of orzo.

Makes about 4½ cups

Prep time: 15 to 20 minutes

Cook time: 25 to 30 minutes

Go to
FoodHero.org
for easy, tasty
leek recipes



**Kids
Can!**

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

- ✿ wash 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.