

Leeks

Leeks are planted in the spring and harvested in the fall. They are in the same family as onions, garlic, scallions, and chives.

Used in:

Side dishes, salads, soups, casseroles, or stir fries

What do they taste like?

Leeks have a mild onion flavor and are a little bit sweet.

How do I store them?

Store leeks in a plastic bag in the vegetable drawer of your refrigerator. They are best when used within one week from purchase but can last 2-3 weeks if stored properly. To freeze: Place washed and cut or sliced leeks in freezer bag and use within 8-12 months.



How do I prepare them?

1. Wash leeks under cool running water.
2. Remove the dark green leaves on the tops of the leeks. Discard leaves, or save to add to homemade broth.
3. Cut off roots at the very ends of the leeks. Discard.
4. Cut remaining parts of leeks in half lengthwise.
5. Rinse leeks again, as dirt often gets stuck between the layers.
6. Cut the leeks into small slices or cut as desired.



How do I cook them?

On the stove top: To saute: Melt butter or heat oil in a skillet. Add sliced leeks and season with salt cooking over medium heat for about 5 minutes until golden.

In the oven: Roasted: Cut leeks in half and place on baking tray cut side up. Coat with olive oil and season with salt and pepper and other desired seasonings. Roast at 400° for about 20-25 minutes, turning a couple times until lightly browned. If drying out you can add a little water or broth over leeks while roasting.

Seasoning ideas: Savory: thyme, garlic, chives, pepper, paprika

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Leeks from SNAP-Ed NY:



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