

Zucchini and Leeks with Walnuts

A simple and delicious side dish with bright flavors and crunchy texture from the walnuts.

Makes: 6 Servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Source: eatfresh.org

Ingredients

- 2/3 cup Walnuts chopped
- 2 cloves Garlic minced
- 2 tablespoons Lemon Juice
- 2 tablespoons Olive Oil divided
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 stalks Leeks white and pale-green parts only, cut into half moons
- 2 Zucchini cut into half moons
- 1/2 cup Fresh Parsley chopped

Directions

1. In a dry skillet, toast walnuts over medium heat. Stir often and cook until fragrant, about 5 minutes. Transfer nuts to a large bowl.
2. Transfer nuts to a large bowl. Then, add garlic, lemon juice and half the olive oil to the walnuts. Stir well, seasoning with salt and pepper.
3. In the same skillet, heat second half of the oil. Add vegetables and cook until tender, for 8–10 minutes. Stir occasionally.
4. Transfer vegetables to the bowl of dressed walnuts. Add parsley and toss gently to combine.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	151
Total Fat:	13.8g
Saturated Fat:	1.5g
Cholesterol:	0mg
Sodium:	407mg
Total Carbohydrates:	7.9g
Dietary Fiber:	2.2g
Total Sugars:	2g
Added Sugars:	0g
Protein	3.4g

Utensils Needed

- Sharp knife
- Cutting board
- Skillet
- Large bowl
- Mixing spoon
- Measuring spoons
- Measuring cups



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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: \$14.25

Average cost/serving: \$2.38

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown rice



Add 1 to Cart
Garlic bulb



Add 2 to Cart
Lemon



Add 1 to Cart
Leeks, 1 bunch



Add 2 to Cart
Zucchini



Add 1 to Cart
Parsley, 1 bunch

SAVE TIME, SAVE MONEY

My Cooking Notes

Chefs Notes

- Choose squash small to medium in size with shiny, tight skin.
- Can't find zucchini at your local grocer? Summer squash come in many varieties and can be substituted for each other in cooking. Examples of other squash: Yellow Squash, Chayote, Carnival squash, Hubbard squash, Banana squash

Similar Recipes

- Bowtie Pasta with Zucchini
- Creamy Potato and Leek Soup



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