

Leeks

Selection - Choose firm, white and light green leeks with crisp stalks. Avoid leeks with yellow tops.

Storage - Store unwashed in the refrigerator. Make sure to wash before cooking (stays fresh for up to 2 weeks).

Nutrition - Vitamin A in leeks supports healthy eyes and skin.

3 EASY WAYS TO USE LEEKS

- To make a soup, chop leeks, potatoes and carrots. For the leeks, remove the tough dark green leaves; use the white and light green parts. Simmer in chicken or vegetable broth until vegetables are tender. Season with parsley or thyme, salt and pepper to taste.
- To roast leeks, remove outer leaves and cut in half end to end. Drizzle with olive oil and lemon juice. Sprinkle with pepper and thyme. Roast at 450 degrees for 20-25 minutes.
- To sauté leeks, remove the dark leaves and chop. Add to boiling water for 4 minutes then drain. In a pan, heat olive oil and cook garlic about 30 seconds. Add the leeks and cook until tender, about 5-8 minutes. Season with salt and pepper to taste. Sautéed leeks go well with roasted potatoes.

Leek and Mushroom Orzo

Makes 4 Servings

Ingredients

- ☐ 2 cups leeks, chopped
- ☐ 1 tablespoon oil
- ☐ 2 cups mushrooms, sliced
- ☐ 1 cup dry orzo (rice shaped pasta) or rice
- ☐ 2 cups chicken or vegetable broth
- ☐ 1 1/2 cups tomato, chopped
- ☐ 3 tablespoons cream cheese
- ☐ 1 teaspoon garlic powder
- ☐ 1/4 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.

Recipe from: Food Hero

<https://foodhero.org/recipes/leek-and-mushroom-orzo>

