



Give Your Family More of the Good Stuff!

OSU
Oregon State
UNIVERSITY
Extension Service



Shop and Save

- ✿ 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.

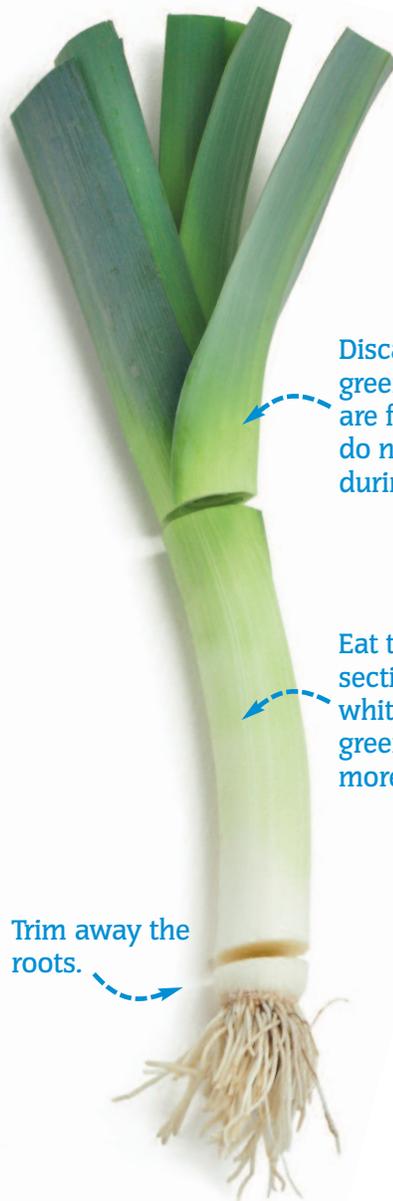
Leeks are similar to onions but have a sweeter, milder flavor.

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.

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.

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



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.