

LEEKS



WHAT DO THEY TASTE LIKE?

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

HOW DO I PICK THEM?

Choose leeks with a large white and light green section. The dark green tops (leaves) are usually discarded so you want to find leeks with as much usable parts as possible. Leeks should feel firm. Make sure the leeks you choose do not have leaves that are dry or yellow in color.



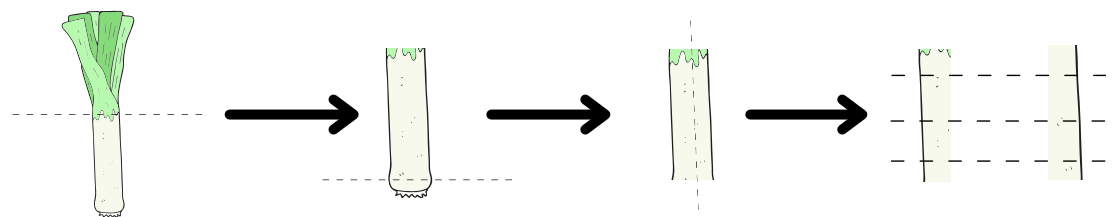
HOW DO I STORE THEM?

Leeks should be stored 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. Cut or sliced leeks can be stored in a plastic bag in the freezer for up to one year.



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 leek pieces again, as dirt often gets stuck between the layers.
6. Cut the leeks into small slices or cut as desired.



WHAT CAN I DO WITH THEM?

- Add **boiled** leeks to a pasta dish
- Use **fresh** leeks or leek **leaves** to add extra flavor to soups or stews
- **Grill** leeks and add to a summer salad
- **Sauté** leeks and add to a stir fry dish
- Use chopped leeks as a **pizza topping**

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KITCHEN TIP!

Leeks often have a lot of dirt stuck between their layers. It is very important to wash them a few times before cooking and eating.