

LEEK

Related to onions, they have a similar but much more mild flavor. A member of the Allium genus, they originate from the eastern Mediterranean, and are harvested in the fall.

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BEST COOKING METHODS

- ROASTED
- SAUTEED

RECIPE IDEAS

- SOUP
- ADD TO PASTA
- IN FRITTATA
- GRILLED WITH OTHER VEGGIES

STORAGE

- Refrigerate unwashed leeks in plastic bag for up to 3 months. Rinse before using.
- Chop and freeze to use in soup.

NUTRITION

- Good source of Vitamins C and K
- Excellent source of folacin, magnesium, and iron

TIPS

- Leeks perform the same jobs as onions. Use them anywhere you would a regular cooking onion. They're sweeter, with a more delicate flavor.
- The dark green leaves are inedible, chop away and use for making stock.

GRILLED ZUCCHINI AND LEEKS WITH WALNUTS AND HERBS

- **1/3 c** walnuts
- **1** garlic clove, finely grated
- **2 tbsp** fresh lemon juice
- **5 tbsp** olive oil, divided
- **Kosher salt** and freshly ground black pepper
- **2** large leeks, white and pale-green parts only, halved lengthwise with some root attached
- **2** large zucchini (about 1 lb.), halved lengthwise
- **1/2 c** (lightly packed) fresh flat-leaf parsley leaves with tender stems

PREPARE GRILL FOR MEDIUM-HIGH HEAT. TOAST WALNUTS IN A DRY SMALL SKILLET OVER MEDIUM HEAT, TOSSING OFTEN, UNTIL FRAGRANT, ABOUT 5 MINUTES. CHOP VERY COARSELY. TOSS WARM WALNUTS WITH GARLIC, LEMON JUICE, AND 3 TBSP. OIL IN A LARGE BOWL; SEASON WITH SALT AND PEPPER. BRUSH LEEKS AND ZUCCHINI WITH REMAINING 2 TBSP. OIL; SEASON WITH SALT AND PEPPER. GRILL VEGETABLES, TURNING OFTEN, UNTIL TENDER AND CHARRED IN SPOTS, 5–8 MINUTES FOR LEEKS, 8–10 MINUTES FOR ZUCCHINI. TRANSFER VEGETABLES TO A CUTTING BOARD. TRIM ROOTS FROM LEEKS AND CUT LEEKS AND ZUCCHINI INTO BITE-SIZE PIECES. ADD VEGETABLES AND PARSLEY TO BOWL WITH WALNUTS AND TOSS TO COMBINE; SEASON VEGETABLES WITH SALT, PEPPER, AND MORE LEMON JUICE, IF DESIRED.

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