

Leeks



Leeks are a member of the Allium family, with onions and garlic. They have a similar flavor, but are earthier and mild. Although generally not eaten raw, you can substitute leeks wherever you would cook onions or garlic. Harvested in late fall, leeks are a nutrient-dense winter vegetable you can include in many dishes.

Cooking

Leeks are great for sautéing, roasting, or frying, and in soups and stews. Trim the dark green tops and woody bottom roots (these can be used to make stock or broth), then cut in half lengthwise and rinse between layers: dirt can get stuck between layers as the leek grows up from the ground.



Storage

Refrigerate leeks in a loose plastic bag for up to 2 months. Wash and trim just before use. Pre-cut and portion leeks, then freeze in an airtight container up to 3 months.



Grilled Leeks with Walnuts and Herbs

Serves: 4

Total Time: 20 minutes

Ingredients:

- 1/3 cup walnuts
- 1 garlic clove, grated
- 2 tbsp lemon juice
- 5 tbsp olive oil, divided
- Salt & pepper
- 2 large leeks, tops trimmed, halved lengthwise
- 2 large zucchini (1 lb total), halved lengthwise
- 1/2 cup chopped parsley (leaves and tender stems)

Directions:

1. Prepare grill for medium-high heat.
2. Toast walnuts in a small dry skillet over medium heat, tossing often, until fragrant, about 5 minutes.
3. Chop walnuts very coarsely and toss with garlic, lemon juice, and 3 tbsp oil in a large bowl; season with salt and pepper.
4. Brush leeks and zucchini with remaining oil; sprinkle with salt and pepper.
5. Grill the vegetables, turning often, until tender and charred in spots, 5-8 minutes for leeks, 8-10 for zucchini. Transfer vegetables to a cutting board.
6. Trim roots from leeks and cut both the leeks and zucchini into bite-size pieces.
7. Add vegetables and parsley to the bowl with the walnuts. Toss to combine, taste, and season with salt, pepper, and additional lemon juice to taste. Serve.

