

# Leeks

## Key Points

- For the best buy, choose leeks with clean, white slender bulbs and firm dark green tops.
- To prepare leeks, trim off the root end and remove any wilted outer leaves. Trim off the darkest portion of the green leaves down to the light green portion. Slice the leeks and rinse well.
- To store fresh, lightly wrap in plastic wrap. Refrigerate for up to 1 week.
- Leeks contain vitamin A, which is good for healthy eyes and skin.



## Leek and Potato Soup

### Ingredients:

2 tablespoons soft tub margarine  
3 leeks, thinly sliced  
1 onion, chopped  
6 potatoes, thinly sliced  
3 1/2 cups low sodium chicken broth  
1 cup low fat milk  
Black pepper to taste

### Directions:

1. In a large pot, melt the margarine over medium heat.
2. Add the leeks and onions and cook until the onions are soft, about 10 minutes. Stir often.
3. Add the potatoes and then pour in enough broth to just cover the potatoes. If more liquid is needed, add up to 1 cup of water.
4. Cook over medium heat until the potatoes are soft, about 25 minutes.
5. Use a potato masher or a fork to break up the potatoes.
6. Reduce the heat to low and add the milk and black pepper. Cook 5 minutes, stirring often. Enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Braised Leeks with Lemon

### Ingredients:

1 tablespoon soft tub margarine  
4 leeks, thinly sliced  
1/2 cup chicken broth  
2 teaspoons lemon juice  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat the margarine over medium heat.
2. Add the leeks and cook 5 minutes, stirring often.
3. Add the chicken broth and reduce heat to low.
4. Cover and cook until the leeks are tender, about 15 minutes
5. Add the lemon juice, salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- 2 pounds of leeks equals about 4 cups raw chopped leeks.
- Leeks have a mild onion and garlic flavor and can be eaten raw in salads.
- Add leeks to soups and stews.
- Remember to rinse all fruits and vegetables before using.

# The Nutrition Facts Label—What does it tell us?

Recipe name: Leek and Potato Soup

<b>Nutrition Facts</b>			
Serving Size: 1/4 of recipe (600g)			
Servings Per Recipe: 4			
<b>Amount/Serving</b>			
<b>Calories</b>	300	<b>Calories from Fat</b>	40
<b>% Daily Value*</b>			
<b>Total Fat</b>	4.5g		<b>7%</b>
Saturated Fat	1.5g		<b>7%</b>
Trans Fat	0g		
<b>Cholesterol</b>	less than 5mg		<b>1%</b>
<b>Sodium</b>	400mg		<b>17%</b>
<b>Total Carbohydrate</b>	57g		<b>19%</b>
Dietary Fiber	7g		<b>28%</b>
Sugars	7g		
<b>Protein</b>	8g		
Vitamin A	25%	Vitamin C	100%
Calcium	15%	Iron	20%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Braised Leeks with Lemon

<b>Nutrition Facts</b>			
Serving Size: 1/4 of recipe (110g)			
Servings Per Recipe: 4			
<b>Amount/Serving</b>			
<b>Calories</b>	80	<b>Calories from Fat</b>	25
<b>% Daily Value*</b>			
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0.5g		<b>1%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	140mg		<b>6%</b>
<b>Total Carbohydrate</b>	13g		<b>4%</b>
Dietary Fiber	2g		<b>6%</b>
Sugars	4g		
<b>Protein</b>	1g		
Vitamin A	30%	Vitamin C	20%
Calcium	6%	Iron	10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

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- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH