

# Leeks



## SEASONALITY



## NUTRITIONAL PROPERTIES

Leeks are naturally low in sodium. This vegetable is a great source of folate, pyridoxine, thiamine, vitamin A, vitamin C, and vitamin K. Leeks are rich in potassium, iron, copper, and zinc.

## STORAGE

Store leeks in the refrigerator in a loose plastic bag. Do not wash or cut the leak until ready to eat. However, leeks do have some dirt and debris between layers. Be mindful to rinse thoroughly before consumption. Leeks can last 2-3 weeks when stored properly.

## PRESERVATION

Leeks do not freeze well, the vegetable becomes quite mushy after freezing. However, leeks can be dehydrated for later use.

## HOW TO PREPARE

1. Chop or slice the leek.
2. Heat a skillet to medium high heat with a tablespoon of oil.
3. Add leek to the hot pan, stirring occasionally.
4. Sauté for 10-15 minutes until tender.

Leeks are an allium. They can be used in place of other alliums like onions, shallots, green onions, or garlic.

## RECIPES FROM HOFFA

*with leeks*

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- Add leeks to Three Sisters Fritters
- Add leeks to Minestrone Soup
- Add leeks to Tuna Cakes and Roasted Root Vegetables

GO TO [HDIFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

