

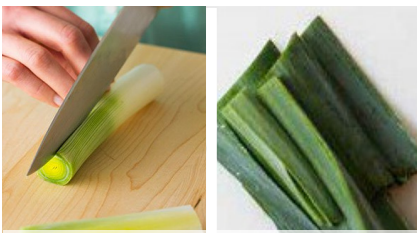
# Leeks



Cut off the root end and the dark green tops.



You can rinse before or after you cut them.



Use the white part in recipes and the dark green for making stock.

**Nutrition:** Leeks are related to garlic and onions which makes them great in reducing your risk for heart disease, high cholesterol and high blood pressure.

**Storage:** Unwashed and untrimmed in the refrigerator, where they will keep fresh for 1 to 2 weeks.

**In Season:** October-January



## Sauteed Leeks



### Ingredients:

1. 4 medium leeks (about 1 1/2 pounds).
2. 2 tablespoons of butter (1/4 stick).
3. 1/2 cup low-sodium chicken or vegetable broth.
4. Salt and pepper to taste.
5. If available, 1 teaspoon of finely chopped parsley.

### Directions:

1. Cut and rinse leeks
2. Bring a medium saucepan of salted water to a boil over high heat.
3. Add the leeks to the boiling water, lower the heat and gently boil until they're knife tender, about 4 minutes. Drain in a colander and set aside.
4. Melt the butter in a large frying pan over medium-high heat until foaming. Add the drained leeks, season with salt and pepper and cook until they begin to brown, about 4 minutes. Add the broth and continue to simmer until the liquid has nearly evaporated, about 2 to 3 minutes. Stir in the parsley and serve immediately.