

Leeks are members of the onion family. They are vegetables that have a white bulb at the bottom of the crop—as you move up, the leaves change from light green to dark green; we only eat the white or light green portions. They are very healthy, with large amounts of several different vitamins.

SIMILAR TO

Leeks are similar to garlic, chives, shallots, and taste similar to regular onions. However, leeks are most similar to scallions, or green onions.

HOW TO USE

Leeks can be grilled, roasted in the oven, fried, boiled, pan-fried in butter and oil, or eaten raw in salads. They can be included in a variety of different meals, including soups, pasta, pizzas, omelets, or on their own as a side dish.

Image Credit: University of Maryland Extension



Image Credit: The Spruce Eats

A RECIPE TO TRY:

Buttered Leeks

from thespruceeats.com

Takes 40 minutes. Serves 4.

INGREDIENTS

2 large leeks
2 tablespoons of butter or oil
1/2 teaspoon of sea salt

1. Trim off the root ends of the leaves. Trim off the dark green ends of the leek greens. Cut the leeks in half lengthwise; then, slice them across to make bite-sized pieces.
2. Put the leeks in a large bowl and wash in cool water.
3. In a large pan, heat 1 tablespoon of butter or oil over medium-high heat. Add the leeks into the pan.
4. Add salt and stir to combine. Cover the pan and reduce heat to medium-low. Stir every 5 minutes for 30-40 minutes.
5. Turn off the heat, add remaining teaspoon of butter or oil. Stir until melted and serve.