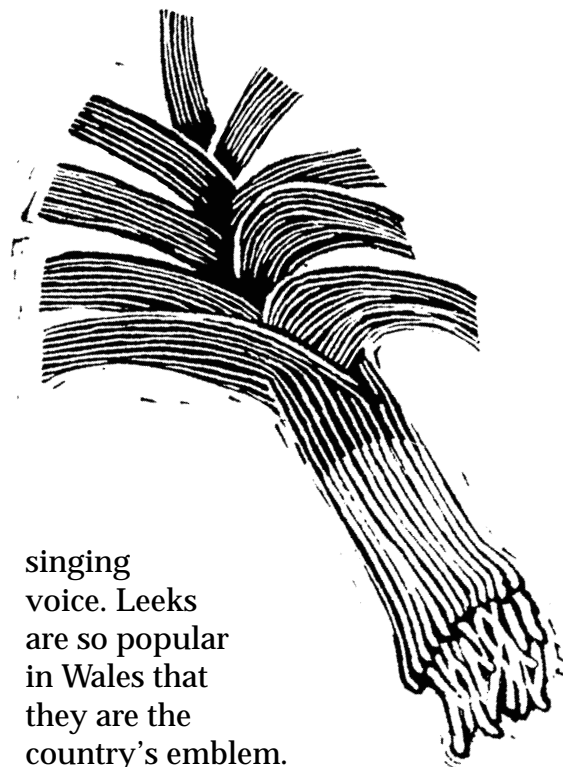


Leeks

Leeks look like big scallions. They are a relative of the onion, but taste more mild. Leeks are mostly used to add flavor to soups and stews. They can also be cooked and served as you would asparagus—with lemon juice, dill spice, or vinaigrette dressing.

Although leeks aren't used a lot in the U.S., they have been enjoyed by people across the world for thousands of years. Egyptian, Greek, and Roman gourmets used leeks, as did the Emperor Nero who believed that consuming them in great quantities would improve his



singing voice. Leeks are so popular in Wales that they are the country's emblem.

Lentil and Leek Risotto

Makes 4 servings

Ingredients:

- 2 cups well-scrubbed leeks, chopped
- 1 clove garlic, chopped
- 1/2 cup green pepper, chopped
- 1 Tablespoon olive oil
- 3 cups vegetable broth or water
- 1 1/4 cups brown rice
- Pepper to taste
- Pinch of basil
- 1 cup cooked lentils (boil for about 30 minutes, until tender but not mushy)

Directions:

1. In a deep pot with cover, sauté leeks, garlic, and green pepper in oil.
2. When soft, add broth or water, and stir in rice along with seasonings.
3. Reduce heat and simmer covered for about 40 minutes, or until rice is done.
4. Uncover, stir in cooked lentils, and reheat until piping hot.

Source: "Vegan Handbook," Debra Wasserman & Reed Mangels, Ph.D., R.D., 1996, The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD, 21203; phone (410)366-VEGE; www.vrg.org

Nutrition Facts

Serving Size 1 Serving (444g)
Servings Per Container 4

Amount Per Serving

Calories 420 Calories from Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 780mg 33%

Total Carbohydrate 77g 26%

Dietary Fiber 9g 36%

Sugars 9g

Protein 13g

Vitamin A 4% • Vitamin C 70%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- To refrigerate leeks, leave the roots attached. Wrap in plastic to avoid having the whole refrigerator smell like leeks!
- When you prepare leeks, cut the green section off to within a couple of inches from the white. Wash thoroughly to remove all grit and sand. Peel off the outside layer.

Complementary Herbs

dill
parsley
rosemary
thyme

Spring Soup

Makes 6 to 8 servings

Ingredients:

- 5 leeks
- 2 Tablespoons oil
- 4 potatoes, thinly sliced
- 2 cups skim milk
- Pepper to taste
- Dash nutmeg (optional)
- 2 stalks of celery and the leaves, sliced
- 2 quarts vegetable or chicken stock
(to reduce sodium, use low-sodium broth or use 1 quart stock and 1 quart water)
- 2 Tablespoons nonfat plain yogurt
- 1 Tablespoon fresh or dried parsley

Directions:

1. Cut up only the white part of the leeks and sauté slowly in oil along with potatoes and celery. Be careful not to brown.
2. Add vegetable or chicken stock and simmer for 30 minutes.
3. Add milk and yogurt.
4. Add parsley, and pepper to taste. For an interesting flavor, add a vigorous dash of nutmeg.
5. If you have a blender or food processor and like creamy soup, you can blend the soup in batches after step 2.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (538g)
Servings Per Container 7

Amount Per Serving

Calories 230 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 1220mg **51 %**

Total Carbohydrate 36g **12 %**

Dietary Fiber 3g **12 %**

Sugars 12g

Protein 8g

Vitamin A 6% • Vitamin C 30%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.