





Produce of the Month






Leek








Nutritional Information

-  A one cup serving leek contains 54 calories and 13 grams of carbohydrates
-  Leeks are high in vitamin A
-  A one cup serving of leek contains 1.3 grams of protein
-  Leeks contain vitamin B-6

Fun Facts

-  Leeks are in the same family as garlic and onions and have many of the same benefits as them
-  Leeks are a national emblem for the country of Wales due to soldiers wearing them in a battle
-  A Leek is worn by a Welsh man in Shakespeare's play, Henry the Fifth

Selecting, Storing, Preparing

-  Select firm, straight leeks with a diameter of less than 2 inches
-  Purchase consistently sized leeks to ensure cooking consistency
-  Store fresh leeks unwashed and untrimmed and loosely wrapped in plastic in the refrigerator, they will stay fresh for 1-2 weeks
-  Leeks may be frozen after blanching
-  Prepare leeks by cutting of the green tops and removing the outer tough leaves and cut lengthwise and then cut into 2-inch strips

Recipes/Ideas

- Enjoy leeks after sautéing them and garnishing with lemon juice
- Add leeks to broth for extra flavor
- Slice leeks can be added to any dish alongside spinach or kale

For more ideas:

<http://www.bonappetit.com/recipes/slideshow/12-favorite-leek-recipes>

<http://95210.townofmanchester.org/>

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9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

Manchester's Message for a Healthier You