

## Lemony Thymed Leeks

Leeks are a member of the onion family and play the star in this recipe rather than a supporting role as in most recipes. Select leeks with white necks and firm dark green leaves. Store raw, unwashed leeks in the refrigerator for 1 to 2 weeks. Be sure to wash thoroughly before cooking because dirt and grit get trapped in the layers.\* This side dish pairs well with broiled or grilled fish or roasted chicken.

**Serves: 2**

**Serving Size: ½ cup**

2 tsp olive oil  
2 small or 1 large leek, cut into ½ inch slices  
2 tsp fresh thyme  
2 tbsp lemon juice



**Directions:**

1. In a medium pan, over medium-high heat, heat olive oil.
2. Add leeks and thyme and sauté for 3 minutes.
3. Add lemon juice. Turn heat down to low; cover and cook for 5 to 7 minutes.

**\*To wash leeks:**

1. Cut the root off the leek, leaving the bulb intact.
2. Cut off the top of the leek leaving about 2 inches of the pale green at the top of the bulb.
3. Slice the leek in half lengthwise. You may leave the base intact for whole slices.
4. Rinse the leek under cold running water.

Per serving: 100 calories, 1g protein, 5g fat (1g saturated), 0mg cholesterol, 14g carbohydrate, 2g fiber, 4g sugar, 20mg sodium

% Daily Value: Vitamin A 30%, Vitamin C 30%, Calcium 6%, Iron 10%

