

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Leeks

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look on the left menu bar for Produce Of the Week



What vegetable is related to the garlic and onion families?

**LEEKs!**

- ◆ Leeks are found in markets year round with a peak during fall to early spring.
- ◆ Select leeks with clean white bottoms making sure that the ends are straight and not larger than 1 ½ inches in diameter, otherwise they will be tough. The tops should be green, crisp and fresh-looking.
- ◆ Refrigerate leeks, unwashed, in a loosely fitting plastic bag for up to one week.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Nutrition Facts:

- **Leeks are a great way to add flavor and are a good source of Vitamin A.**
- **They contain no fat or cholesterol, and little sodium.**
- **A typical serving size is 1/2 cup, which contains about 25 calories.**

### Did you know?

- ◆ Leeks originated in the Mediterranean but have are used very often in European and Asian cooking.
- ◆ This vegetable is grown locally in Connecticut from July to October.

## Count it out!

Keep track of the fruits and veggies that you eat each day by coloring in a different piece of triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 fruits or veggies each

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Spinach and Leek, White Bean Soup

8 Servings

### INGREDIENTS

2 teaspoons olive oil	4 leeks, bulb only, chopped
2 cloves garlic, chopped	2 (16 ounce) cans fat-free chicken broth
2 (16 ounce) cans cannellini beans, rinsed and drained	2 bay leaves
2 teaspoons ground cumin	1/2 cup whole wheat couscous
2 cups packed fresh spinach	salt and pepper to taste

### DIRECTIONS

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; sauté until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.



## Leeks & Tomato Bake

10 servings

### INGREDIENTS

1/2 cup bread crumbs (Italian or plain)	1 T Italian seasoning
2 pounds tomatoes, sliced	1/2 cup shredded mozzarella cheese
2 T olive oil	

### DIRECTIONS

Preheat oven to 350°  
In a small bowl, mix bread crumbs and seasoning. Place leeks in the bottom of a large baking dish. Layer with tomatoes and mozzarella cheese. Top with the bread crumb mixture, and drizzle with olive oil. Bake 30 minutes in the preheated oven, or until golden brown.

Recipes adapted from: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!