



Leeks

Even though onions are more commonly available and often less expensive than leeks, sometimes it's nice to use a different ingredient that gives a similar flavor.



Nutrition

- A cup of chopped leeks contains around 55 calories, 13g carbohydrate, 2g fiber, and is a source of vitamins and minerals, including vitamins A and K, folate, and potassium.
- Like other veggies, leeks are not a significant source of fat, protein, or sodium.



Shopping

- Choose fresh leeks with a firm stalk - the white and light green part.
- Look for leek leaves that are deep green in color, and avoid those with yellow or limp leaves.



Price

- Prices will vary by season and region.



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Storage

- Keep unwashed leeks refrigerated and use within a few weeks.



Eat

- Acorn squash is mild tasting, and adding sweet spices like cinnamon or roasting the squash to caramelize some of its sugars can add flavor.
- Acorn squash can be stuffed, roasted, made into soup, mashed like potatoes, and used in baking goods.



Preparation

- Cut away the dark green leaves and save for vegetable broths or stocks.
- Use the white and light green portions for recipes.
- Be sure to rinse leeks well, since they pick up soil between their many layers as they grow.
- **Preserve?**
 - South Dakota State University Extension notes that leeks can be dried. Canning and freezing are not recommended.



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