



Leek

Lakota: pšihhúskala

Pick it!

Leeks look like a giant green onion.

Leeks should be firm and crisp with quite a bit of white and light green coloring. Those with yellow or withered tops should be avoided.

Unwashed leeks can be refrigerated for up to two weeks.

Leeks often have dirt on the inside, so be sure to rinse after cutting and before using.



Try it!

Leeks are similar to onion, but are slightly milder.

The green tops are great for making stock, while the light green parts are best for use in soups or sautéed and added to mashed potatoes.

Raw leeks can also be sliced and added to a salad.

Leeks also work well in dishes such as quiches, especially with Roquefort cheese.

Leeks can be substituted for onion in soup and stew recipes for a slightly different flavor.



Types of Leek

Summer: Most common, mild flavor, planted in spring and harvested in summer

Overwintering: stronger flavor, sometimes left in ground through winter, spring harvest



Did you know...

Iron is a mineral that our bodies need to make hemoglobin and myoglobin. They help carry and store oxygen in the body.

Like it!

Leek and Potato Frittata

Ingredients

- 1 tsp. olive oil
- 2 cups leeks, sliced
- 10 oz. fresh spinach
- 2 cups frozen red potatoes, thawed and chopped
- 1/3 cup fat-free milk
- 4 egg whites
- 4 eggs
- 1 Tbsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 Tbsp. dry breadcrumbs
- 1/2 cup shredded mozzarella cheese, reduced fat

Directions

Preheat the oven to 350 degrees F. Add oil to a sauté pan over medium heat. Add leeks and sauté for 4 minutes. Add spinach and potatoes; sauté for 2 minutes for until spinach wilts. Combine the milk, seasoning, salt and pepper, 4 eggs and 4 egg whites; stir well with a whisk. Add leek mixture. Pour into a 9.5-inch round baking dish or pie plate coated with cooking spray. Sprinkle with cheese and breadcrumbs. Bake at 350 degrees F for 20 – 25 minutes. For a golden brown top, broil for 4 minutes after baking.

Yield 6 servings

Nutrition Facts per Serving:
170 calories; 6 g total fat; 2.5 g saturated fat; 130 mg cholesterol; 410 mg sodium; 17g total carb; 2 g fiber; 3 g sugars; 12 g protein

Source: <https://dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/>

Potato Leek Soup

Ingredients

- 1 Tablespoon unsalted butter
- 1/2 cup sliced leeks
- 1/2 cup chopped onions
- 1/2 cup + 1/3 cup chicken or vegetable broth, low sodium
- 2 cups skim milk
- 1/2 cup + 2 Tablespoons instant potato flakes
- 1/4-teaspoon salt
- 1 Tablespoon chopped fresh parsley (or 1/2 Tablespoon dried)

Directions

1. Melt the butter in a large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes, or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low, and simmer for 5 minutes.
5. Stir in potato flakes, salt, celery salt, and parsley.
6. Allow to thicken and heat through.
7. May top with green onion or grated low-fat cheese.

Yield 4 servings

Nutrition Facts per Serving:
Calories 230; Fat 6g; Cholesterol 20mg; Sodium 480mg; Carbohydrates 33g; Sugars 17g; Fiber 3g; Protein 10g

Lakota word translate by Jeshua Estes

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