

Leeks

Storage

Wrap in paper towels and refrigerate, will keep for up to 7 days.

Preparation

Trim roots and peel first layer of outer skin. Slice lengthwise down the center and wash with cold water, being sure to wash between sections. Chop to desired size, may be eaten raw in salads or as condiments, can also be used in cooking like an onion.



Nutrition

Leeks help with cardiovascular health by helping to protect the lining of blood vessels. Its anti-inflammatory and antioxidant benefits also helps to improve the overall health of the heart. Leeks are also help support the body against type 2 diabetes and obesity.