



LEEKS

IN SEASON

April - June & October - November

HOW TO SELECT

Choose firm leeks with long, white stalks & brightly-colored greens.

HOW TO STORE

Refrigerate unwashed, untrimmed leeks in a zip-close bag up to 2 weeks.

HELPFUL TIPS

Cut off the greens & roots before cooking. Try using leeks in place of onions for a similar flavor.

BARLEY CHICKEN SOUP WITH MARKET VEGGIES

LEEKS



Nutrition Facts

8 servings per recipe
Serving size 1/8th recipe (446g)

Amount per serving
Calories **320**

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 160mg 7%

Total Carbohydrate 30g

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 33g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 2mg 10%

Potassium 824mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

35 MIN | SERVES 8

INGREDIENTS:

- 2 Tbsp olive oil
- 2 lbs boneless, skinless chicken breasts, sliced
- 5 cloves garlic, minced
- 1 Tbsp fresh minced thyme
- 3 carrots, sliced, greens separated & chopped
- 1 **LEEK**, trimmed & greens removed, diced
- 1 bunch baby turnips, peeled & diced, greens separated & chopped
- 1/4 cup apple cider vinegar
- 2 (32 oz) cartons unsalted chicken broth
- 1 cup quick-cooking barley

PREPARATION:

1. In a large stockpot, heat oil over medium-high. Add chicken, garlic & thyme. Cook 5-7 minutes or until chicken is lightly browned.
2. Add carrots, leek, turnips, broth, vinegar & barley. Bring to a boil. Cover & simmer 12-15 minutes or until vegetables are tender.
3. Remove from heat. Stir in carrot & turnip greens. Cover & let sit until greens wilt.
4. To serve, top with fresh thyme.