

Leeks: How to + Recipe

HONORHEALTH®

Desert Mission
Farm Stand



HOW TO PREPARE

1. Chop off the stringy roots and dark green leaves. You can save the tops for vegetable stock!
2. Slice the leeks in half length-wise. Lay them cut-side-down, and cut them into thin half-moons.
3. Transfer to a colander and rinse under cool running water, tossing to remove any debris. Use a towel to blot dry before you start to cook.



ONE-POT VEGGIE PENNE PASTA RECIPE



INGREDIENTS

- 6 oz. whole wheat penne pasta
- 1-1/2 cups sliced cherry tomatoes
- 1-1/2 cups thinly sliced leeks
- 1 cup zucchini, sliced into 1/4-inch thick half moons
- 1/2 cup thinly sliced red bell pepper
- 3 small garlic cloves, minced
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice, plus 1 teaspoon zest
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1 sprig of basil
- 2-1/4 cups water
- *Optional* toppings: chopped parsley, toasted pine nuts, grated parmesan cheese

DIRECTIONS

1. In a large pot, combine pasta, tomatoes, leeks, zucchini, bell pepper, garlic, olive oil, lemon juice and zest, oregano, salt, red pepper flakes and basil. Add the water and stir.
2. Bring to a boil, cover, and boil for 8 minutes. Stir around the 5 minute mark to make sure nothing is sticking to the bottom of the pan and put the the cover back on. At 8 minutes, test the pasta for doneness.
3. Remove the pot from the heat, stir, and let it sit for about 2 minutes to allow the sauce to thicken.
4. If using, serve with the chopped parsley, toasted pine nuts and/or parmesan cheese.
5. Enjoy!