



Leeks

“Leak Out the Secret that Leeks are Delicious!”



Nutrition Tips to Increase Leek Consumption

- For a unique appetizer or side dish, steam leeks, wrap in a piece of ham and cover with cheese and bake until golden and bubbly.
- Leeks are a great addition to potato soups.
- For a delicious weekend breakfast make crepes. Fill crepes with bacon, egg, cheese, leeks and tomatoes.
- Add finely chopped leeks to lettuce salads.
- Add leeks along with other vegetables such as zucchini and peppers to hot or cold pasta dishes!

Nutrition Food Activities for Children

- At the grocery store or farmers market compare leeks to onions since they have a similar taste! Talk about their size, shape and color.
- Encourage your children to pick out leeks at the grocery store or farmers market. Teach them what to look for. How do you pick the perfect leek?
- Allow your children to wash the leeks before using them in meal preparation.
- Encourage your children to find recipes featuring leeks. How can you incorporate leeks into breakfast, lunch and dinner meals?

Kid Friendly Ham and Leek Quiche

Serves 4

Ingredients:

1 (9-in.) short crust pastry, thawed
1 leek, thinly sliced
3/4 cup shaved ham
4 eggs
1/3 cup fat-free milk
1Tbsp. Parmesan cheese, finely grated

Directions:

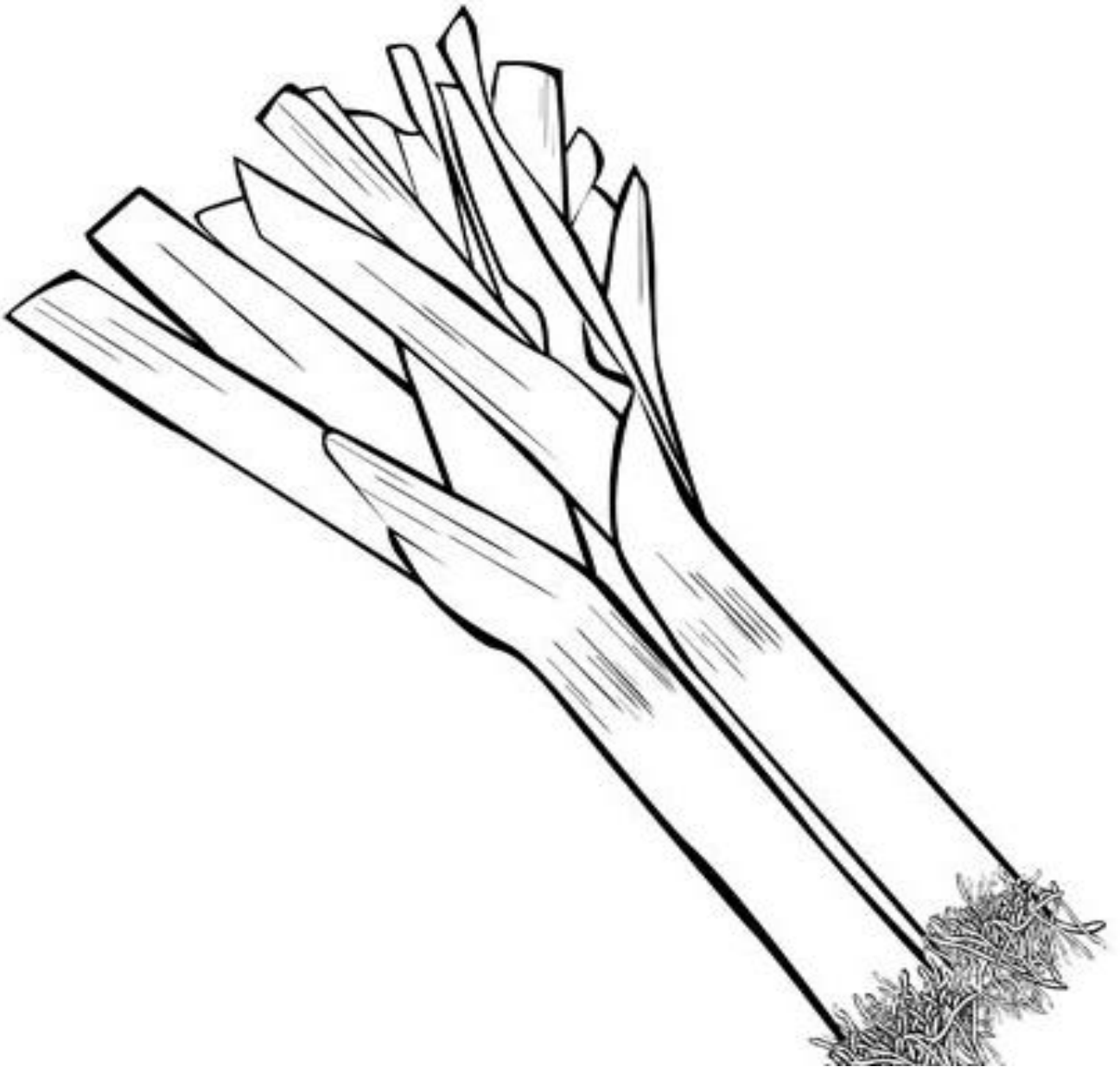
1. Preheat oven to 400 degrees.
2. Line a round 9-in. tart tin with pastry and trim edges.
3. Place leeks and ham on top of pastry.
4. Whisk together eggs, milk and Parmesan; pour mixture over crust.
5. Bake on the top oven rack for 20 minutes or until golden brown.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

Foot Steps
to **Health**