



Leeks Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 6 long leeks ()
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon ground pepper black finely

Equipment

- ☐ knife

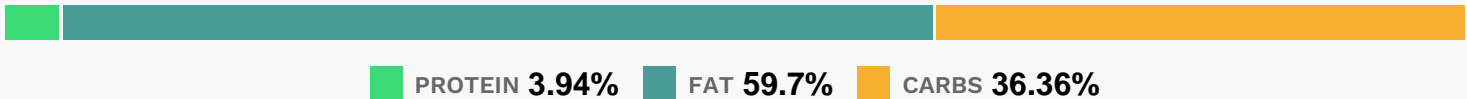
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ roasting pan
- ☐ casserole dish
- ☐ kitchen timer
- ☐ tongs

Directions

- ☐ Heat a pot of water, clean the leeks: Bring a large, wide (12 inches) pot, half-full of salted water (2 teaspoons of salt for 2 quarts of water) to a boil. While the water is heating, clean the leeks, keeping them whole.
- ☐ To do this, first rinse off any visible dirt from the leeks. Then, use the tip of a sharp knife to pierce the leek just a little bit below the point where the leek's shaft opens up into separate leaves.
- ☐ Cut the leek from this point all the way out to the tip of the green leaves, keeping the shaft whole.
- ☐ Open up the leaves, and place the leek under running water to clean out any dirt or sand that may be hiding between the leaves.
- ☐ Cut off the dark green tops, leaving about an inch or two (or three if you like the more strongly flavored greens) on the shaft.
- ☐ Cut off the roots, cutting as close to the roots as possible, to help keep the leek together while it simmers in the next step. (For a visual step-by-step, see [How to Clean Leeks](#).)
- ☐ Simmer the leeks in salted water: Once the water is boiling, carefully place the cleaned and prepped leeks into the water.
- ☐ Return to a simmer and lower the heat to maintain a simmer. Start a timer and cook for 8 to 10 minutes, or until the thickest part of the thickest leek can easily be penetrated with the tip of a sharp knife.
- ☐ If your leeks are about an inch thick, they should just begin to be turning from bright green to olive-y green at the 8 minute mark. Thicker leeks you'll want to cook a little longer.
- ☐ Place cooked leeks in ice water bath: Use tongs to gently remove the leeks from the pot and place into an ice water bath to stop the cooking.

- ☐ Let the leeks drain:
- ☐ Remove the leeks from the ice water bath and let them drain. The best way to let them drain is to place them in a rimmed roasting pan and then propping up the pan at an angle so the water can run out of the leeks.
- ☐ Let them drain for 10 minutes or so while you make the vinaigrette.
- ☐ Make the vinaigrette:
- ☐ Place the olive oil, vinegar, mustard, salt, and pepper, in a jar and whisk until well emulsified.
- ☐ Marinate the leeks in the vinaigrette:
- ☐ Place the leeks in a rimmed, long serving dish (a Pyrex casserole dish would work for this as well).
- ☐ Drizzle some vinaigrette over the leeks. Gently turn the leeks over and drizzle a bit more vinaigrette on the other side.
- ☐ Cover with plastic wrap and let the leeks marinate in the vinaigrette for at least 2 hours, or up to 3 days. (Chill if marinating more than 2 hours.
- ☐ The longer they marinate, the tastier and more tender they become.)
- ☐ The leeks should be served at room temperature.
- ☐ Alternative serving suggestion: cut the marinated leeks crosswise into 1-inch long segments and serve with strips of roasted red bell peppers that have been marinating in the same vinaigrette.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.32, Inflammation Score:-9, Nutrition Score:13.186087048572%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 202.56kcal (10.13%), Fat: 13.95g (21.46%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 16.62g (6.05%), Sugar: 5.22g (5.81%), Cholesterol: 0mg (0%), Sodium: 186.39mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 71.1µg (67.71%), Vitamin A: 2227.02IU (44.54%), Manganese: 0.67mg (33.27%), Folate: 85.55µg (21.39%), Vitamin E: 3.18mg (21.19%), Vitamin C: 16.04mg (19.45%), Iron: 2.93mg (16.27%), Vitamin B6: 0.31mg (15.61%), Fiber: 2.49g (9.95%), Magnesium: 38.35mg (9.59%), Copper: 0.16mg (8.16%), Calcium: 80.56mg (8.06%), Potassium: 245.46mg (7.01%), Vitamin B1: 0.08mg (5.51%), Phosphorus: 48.57mg (4.86%), Vitamin B3: 0.54mg (2.71%), Selenium: 1.77µg (2.52%), Vitamin B2: 0.04mg (2.42%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.17mg (1.14%)