



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Leek

Lakota: pšįŋnhúskala



Pick it!

Should be firm and crisp with quite a bit of white and light green coloring.

Try it!

Green tops are great for making stock. Light green parts used in soups or sautéed and added to mashed potatoes.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Winter

Leek

Lakota: pšįnnhúskala

Pick it!

Leeks look like a giant green onion.

Leeks should be firm and crisp with quite a bit of white and light green coloring. Those with yellow or withered tops should be avoided.

Unwashed leeks can be refrigerated for up to 2 weeks.

Leeks often have dirt on the inside, so be sure to rinse after cutting and before using.



Try it!

Leeks are similar to onion, but are slightly milder.

The green tops are great for making stock, while the light green parts are best for use in soups or sautéed and added to mashed potatoes.

Raw leeks can also be sliced and added to a salad.

Leeks also work well in dishes such as quiches, especially with Roquefort cheese.

Leeks can be substituted for onion in soup and stew recipes for a slightly different flavor.



Types of Leek

Summer: Most common, mild flavor, planted in spring and harvested in summer.

Overwintering: Stronger flavor, sometimes left in ground through winter, spring harvest.



Did you know...

Iron is a mineral that our bodies need to make hemoglobin and myoglobin. They help carry and store oxygen in the body.

Like it!

Leek and Potato Frittata

Ingredients

- 1 teaspoon olive oil
- 2 cups leeks; sliced
- 10 ounces fresh spinach
- 2 cups frozen red potatoes; thawed and chopped
- ½ cup fat-free milk
- 4 egg whites
- 4 eggs
- 1 Tablespoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons dry breadcrumbs
- ½ cup reduced fat mozzarella cheese; shredded

Directions

1. Preheat oven to 350 degrees. Add oil to a sauté pan over medium heat. Add leek and sauté 4 minutes. Add spinach and potatoes; sauté for 2 minutes or until spinach wilts.
2. Combine milk, seasoning, salt, pepper, 4 eggs and 4 egg whites; stir well with a whisk. Add leek mixture. Pour into a 9.5 inch round baking dish or pie plate coated with cooking spray.
3. Sprinkle with cheese and breadcrumbs. Bake at 350 degrees for 20-25 minutes. For a golden brown top, broil for 4 minutes after baking.

Yields 6 servings

Nutrition Facts per Serving:
170 calories; 6 g total fat; 2.5 g saturated fat; 130 mg cholesterol; 410 mg sodium; 17g total carb; 2 g fiber; 3 g sugars; 12 g protein

Source: dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/

Lakota word translated by Jeshua Estes

Potato Leek Soup

Ingredients

- 1 Tablespoon unsalted butter
- ½ cup leeks; sliced
- ½ cup onion; chopped
- ½ cup + ⅓ cup chicken or vegetable broth; low sodium
- 2 cups skim milk
- ½ cup + 2 Tablespoons instant potato flakes
- ¼ teaspoon salt
- 1 Tablespoon fresh parsley; chopped (½ Tablespoon if using dried)

Directions

1. Melt the butter in a large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes, or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low and simmer for 5 minutes.
5. Stir in potato flakes, salt, celery salt and parsley.
6. Allow to thicken and heat through.
7. Top with green onion or grated low-fat cheese, if desired.

Yields 4 servings

Nutrition Facts per Serving:
Calories 230; Fat 6g; Cholesterol 20mg; Sodium 480mg; Carbohydrates 33g; Sugars 17g; Fiber 3g; Protein 10g

**Find more recipes
and videos at
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Leek

Lakota: pšīnhúskala

- Leeks are firm and crisp with lots of white and light green.
- Yellow or withered tops should be avoided.
- Store unwashed in plastic bag in fridge for 2 weeks.
- Leeks often have dirt on the inside, rinse chopped leeks before using.
- Leeks are slightly milder than onions and can be substituted for onions in soups and stews for a slightly different flavor.
- Green tops are good for stock, light green parts best for other cooking.
- Raw leeks can also be sliced into a salad.

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Leek and Potato Frittata

Ingredients

- 1 teaspoon olive oil
- 2 cups leeks; sliced
- 10 ounces fresh spinach
- 2 cups frozen red potatoes; thawed and chopped
- ½ cup fat-free milk
- 4 egg whites
- 4 eggs
- 1 Tablespoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons dry breadcrumbs
- ½ cup reduced fat mozzarella cheese; shredded

Directions

1. Preheat oven to 350 degrees. Add oil to a sauté pan over medium heat. Add leek and sauté 4 minutes. Add spinach and potatoes; sauté for 2 minutes or until spinach wilts.
2. Combine milk, seasoning, salt, pepper, 4 eggs and 4 egg whites; stir well with a whisk. Add leek mixture. Pour into a 9.5 inch round baking dish or pie plate coated with cooking spray.
3. Sprinkle with cheese and breadcrumbs. Bake at 350 degrees for 20-25 minutes. For a golden brown top, broil for 4 minutes after baking.

Yields 6 servings

Nutrition Facts per Serving:

170 calories; 6 g total fat; 2.5 g saturated fat; 130 mg cholesterol; 410 mg sodium; 17g total carb; 2 g fiber; 3 g sugars; 12 g protein

Source: dinnertonight.tamu.edu/recipe/leek-and-potato-frittata/

Potato Leek Soup

Ingredients

- 1 Tablespoon unsalted butter
- ½ cup leeks; sliced
- ½ cup onion; chopped
- ½ cup + ⅓ cup chicken or vegetable broth; low sodium
- 2 cups skim milk
- ½ cup + 2 Tablespoons instant potato flakes
- ¼ teaspoon salt
- 1 Tablespoon fresh parsley; chopped (½ Tablespoon if using dried)

Directions

1. Melt the butter in a large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes, or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low, and simmer for 5 minutes.
5. Stir in potato flakes, salt, celery salt and parsley.
6. Allow to thicken and heat through.
7. Top with green onion or grated low-fat cheese, if desired.

Yields 2 servings

Nutrition Facts per Serving:

Calories 230; Fat 6g; Cholesterol 20mg; Sodium 480mg; Carbohydrates 33g; Sugars 17g; Fiber 3g; Protein 10g



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In season:



Winter

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Sampling Display Instructions

Potato Leek Soup

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Unsalted butter	1 Tablespoon	1 Tablespoon + 1 teaspoon	2 Tablespoons
Leeks; sliced	½ cup	½ cup + 2 Tablespoons + 2 teaspoons	1 cup
Onions; chopped	½ cup	½ cup + 2 Tablespoons + 2 teaspoons	1 cup
Chicken or veggie broth; low-sodium	¾ cup	1 cup + 2 Tablespoons	1 ⅔ cups
Skim milk	2 cups	2 ½ cups + 3 Tablespoons	4 cups
Instant potato flakes	⅔ cup	¾ cup + 1 Tablespoon + 1 teaspoon	1 ¼ cups
Salt	¼ teaspoon	¼ teaspoon	½ teaspoon
Fresh parsley; chopped or dried	1 Tablespoon fresh or ½ teaspoon dried	1 Tablespoon + 1 teaspoon fresh or 2 teaspoons dried	2 Tablespoons fresh or 1 teaspoon dried
Optional topping: green onion or low-fat cheese			

Directions:

1. Melt butter in large pot over medium heat.
2. Sauté the leeks and onion in the butter for 5 minutes or until tender.
3. Pour in the broth and the milk and mix well.
4. Bring to a boil, reduce heat to low and simmer for 5 minutes.
5. Stir in potato flakes, salt and parsley.
6. Allow to thicken and heat through.
7. Transport to the store in a slow cooker set on warm.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small cups and spoons. Allow taste testers the option of low-fat shredded cheese and chopped green onion sprinkled on top. Ask parents permission before giving children a sample.
- Ask them if they use leeks often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is great leftover. Remind them to refrigerate or freeze leftovers and then reheat.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Leek and Potato Frittata

Ingredients	24 Samples	32 Samples	48 Samples
Samples: ½ of muffin-sized piece			
Olive oil	¾ teaspoon	1 teaspoon	1 ½ teaspoon
Leeks, sliced	1 ½ cups	2 cups	3 cups
Fresh spinach	7 ½ ounces	10 ounces	15 ounces
Frozen red potatoes, thawed and chopped	1 ½ cups	2 cups	3 cups
Fat-free milk	⅓ cup, 2 teaspoons	½ cup	¾ cup
Egg whites	3	4	6
Eggs	3	4	6
Italian seasoning	2 ¼ teaspoons	1 Tablespoon	1 Tablespoon + 1 ½ teaspoons
Salt	¾ teaspoon	½ teaspoon	¾ teaspoon
Pepper	2 dashes	¼ teaspoon	¾ teaspoon
Dry breadcrumbs	1 ½ Tablespoons	2 Tablespoons	3 Tablespoons
Reduced-fat mozzarella cheese, shredded	⅓ cup, 2 teaspoons	½ cup	¾ cup

Directions:

1. Preheat oven to 350 degrees F.
2. Add oil to a sauté pan over medium heat, add leeks and sauté for 4 minutes.
3. Add spinach and potatoes, sauté for 2 minutes until spinach wilts.
4. Combine milk, seasoning, salt, pepper, eggs and egg whites. Stir well with a whisk. Add leek mixture.
5. Spray a muffin tin with cooking spray, pour ¼ cup of mixture into each cup.
6. Sprinkle with cheese and breadcrumbs. Bake at 350 degrees F for 15-20 minutes.
7. Transfer to a warmed slow cooker for transport. Keep warm.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
[youtube.com/watch?v=k6Ts5EO3pew](https://www.youtube.com/watch?v=k6Ts5EO3pew)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign.
- Place only a few samples out at a time, using plates and forks. Ask parent's permission before children may sample.
- Ask them if they use leeks often in their meals. Ask them if they could use this recipe.
- Remind them to refrigerate or freeze leftovers and then reheat.
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