

Leeks



Leeks are an excellent source of vitamin K. They are very good source of manganese, vitamin B6, copper, iron, folate, and vitamin C. Leeks are also a good source of vitamin A (in the form of carotenoids), dietary fiber, magnesium, vitamin E, calcium, and omega-3 fatty acids.

Also, the considerable amount of sulfur found in leeks may play an important role in support of our body's antioxidant and detox systems as well as the formation of our connective tissue.

Barley Stew with Leeks, Mushrooms and Kale serves 6

Ingredients

1 tablespoon olive oil, divided	1 1/2 cups chopped leeks
8 oz. sliced mushrooms	2 garlic cloves, minced
1 tablespoon fresh rosemary, minced	1 small can diced tomatoes in juice
1 cup pearl barley	4 cups (or more) vegetable broth
1 bunch kale, trimmed, center stalks removed, leaves coarsely chopped	

Directions

Heat oil in heavy large pot over medium heat. Add leeks; sprinkle with salt and pepper and sauté until leeks begin to soften, stirring often, about 5 minutes. Add mushrooms, garlic, and rosemary; increase heat to medium-high and sauté until mushrooms soften and begin to brown, stirring often, about 7 minutes. Add tomatoes with juice; stir 1 minute. Add barley and 4 cups broth; bring to boil. Reduce heat to low, cover, and simmer until barley is almost tender, about 20 minutes. Add kale; stir until wilted, about 1 minute. Cover and simmer until kale and barley are tender, adding more broth a few tablespoons at a time as needed for desired stew consistency, about 10 minutes.