



## Featured vegetable for March 2008: Leeks

### Health benefits

A good source of dietary fiber, leeks contain high amounts of folic acid, calcium, potassium, and vitamin C. Easier to digest than standard onions, leeks have laxative, antiseptic, diuretic, and anti-arthritic properties.

### How to select and store

Select leeks with a clean white slender bulb, at least two to three inches of white, and firm, tightly-rolled dark green tops.

### FEATURED RECIPE: Leek-y Chicken and Couscous

#### Ingredients:

- 1 1/2 cups chicken broth
- 1 tablespoon unsalted butter
- 1/4 cup golden raisins, chopped
- 1 1/2 cups plain couscous
- 2 tablespoons extra-virgin olive oil (EVOO)
- 1 1/2 pounds chicken tenders, cut into bite-size pieces
- Salt and freshly ground pepper
- 2 medium leeks
- 1 cup dry white wine (eyeball it)
- 1/4 cup flat-leaf parsley, chopped



#### Directions:

Heat the chicken broth and the butter in a medium saucepan. (Use a pan with a tight-fitting lid.) When the broth boils, add the raisins and the couscous. Take the saucepan off the heat. Stir the couscous and place the lid on the pan. Let stand.

Heat a large nonstick skillet over medium-high heat. Add the EVOO, giving 2 turns of the pan. Add the chicken in a single layer, season with salt and pepper, and cook, turning occasionally, until browned all over, 3 to 4 minutes.

While the chicken browns, trim the tough tops and root ends from the leeks. Cut the remaining white and tender green parts in half lengthwise, then cut the leeks into 1-inch half-moons. Place the leeks in a colander and run cold water over them. Separate the layers to release the dirt and grit. Rinse the leeks well, then drain.

Stir the leeks into the chicken and soften for 2 to 3 minutes. Add the wine and let it cook down by half, 3 to 4 minutes. The leeks should be tender, with some bright green color, and the chicken should be cooked thoroughly.

Fluff the couscous with a fork and stir in the parsley. Spoon a bed of couscous onto dinner plates and top with the chicken and leeks.

Items highlighted in **red** can be purchased at R&R Produce.

### For more information

For more information about the **What's For Dinner Tonight?** program, contact Philonda Short at 404-463-2748 or [pmsshort@dhr.state.ga.us](mailto:pmsshort@dhr.state.ga.us).

