

Sautéed Greens & Leeks – [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Collard greens, fresh §, chopped into bite-size	4 lb.	8 lb. 2 oz	2 lb.	<ol style="list-style-type: none"> 1. Heat the oil in large skillet. 2. Add onions and leeks and cook until soft (for about 5 min.). 3. Add collard greens and water, and cook for about 20 min. until greens are soft. 4. Season with garlic, salt and pepper. <p>❖ Serve 2 ounces per child.</p>
Leeks, fresh §, ends removed, cleaned, and chopped	2 lb.	4 lb.	1 lb.	
Onions, yellow, fresh §, chopped	8 lb.	16 lb.	4 lb.	
Canola or Olive oil	3 1/8 Tb	6 ¼ Tb	1 ½ Tb	
Garlic, dry, granulated	3/5 tsp	1 ¼ tsp	1/3 tsp	
Salt	3/5 tsp	1 ¼ tsp	1/3 tsp	
Black pepper, ground	1/3 tsp	2/3 tsp	1/6 tsp	

§WA product available when in season

Approximate preparation time: 60 min including 25 min. cooking time.

Tips & Variations:

- To clean **leeks**: Remove green tops to within 2 inches of the white section. Peel off outside layer. Cut leek in half lengthwise and wash thoroughly under water to remove grit and soil between the layers.
- You can substitute **collard greens** with **kales** or **chards**. Kales are usually available July through April and chards May through January in Washington State.
- Adding some cooking white wine to the water adds depth in the flavor.



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Child Nutrition Program Food Components:

✓ ¼ cup vegetable

Nutrients Per Serving:

Calories	31 kcal
% Calories from Fat	2 %
Total Fat	1.0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	39 mg
Total Carbohydrates	5 g
Dietary Fiber	2 g
Sugars	1 g
Protein	1 g
Vitamin A (3240 IU)	81 %
Vitamin C (11 mg)	45 %
Calcium	8 %
Iron	2 %

☝ **Collard greens** are usually available from May through December in Washington.

☝ **Leeks** belong to the lily family, along with their close relatives onions, garlic, scallions, shallots, and chives. Milder and more refined in flavor than onions, leeks produce a pleasing aroma and sweeten as they cook. (And, there are no tears while cutting!) [ref: "From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"] **Leeks** are usually available from September through April in Washington, and perfect ingredients to feature in the midst of WA's winter when other WA produce are scarce.

notes

