

NUTRITION INFORMATION



LEEKs are of the onion family but milder and yet more durable in structure. You only use the *white* portion of the stalk and discard the dark green (compost it or use to make vegan broth). For soups and stews simply sauté as you would an onion. Directions for cleaning are in the recipe for **Leek Soup on the previous page**.

You most likely will consume approximately 1/4 C in most soup and stews recipes so that is the amount I chose to evaluate. Cooked, boiled, drained, and without salt. I always choose to evaluate food without salt because we have no way of knowing the amount used. You may add your own salt and research its values.

FENNEL is of the celery family but has a distinct flavor of **licorice**. Fennel seeds are highly nutritious in of themselves and are often added to foods and eaten as a digestive aide. See the **Leeks & Fennel Bake** recipe on the next page plus the delicious **Kale & Fennel Salad** recipe on page 35 of **Cooking with Judy**.



Fennel had only **7** calories and Leeks only **8** calories for 1/4 Cup

Both are a good source of:

- Fiber
- Niacin
- Calcium
- Iron
- Magnesium
- Phosphorus
- Copper,
- Vitamin C
- Folate
- Potassium
- Manganese

Leeks and Fennel

0 Fat

0 Cholesterol

And, both are **low in sodium**. They are both **anti-inflammatory** and extremely **low on the glycemic load** meaning they are great for *optimum* health and weight loss. So no need to feel guilty about enjoying the *real* cream and *real* cheese in the Leeks & Fennel Bake recipe on the next page.

Leek & Fennel Bake

Preheat oven to 375°



- 2 medium leeks
- 1 large fennel bulb
- 2T butter
- 2 large eggs, well beaten
- 8 oz shredded Mixed Italian cheeses
- Pinch each of coarse ground salt & pepper
- Grated fresh whole nutmeg



Butter a med-size casserole dish. In a large covered skillet bring to a boil a couple of inches of water.

Remove dark green tops of leeks. Slice the white stalk in half vertically, leaving the root end in tact. Fan out the leaves underwater about 4" of cold water in your sink, swish them around to remove any sand and dirt. Shake off the excess water, cut off the root end and slice about 1/4" thick. Add to the boiling water.

Remove green stalks and feathery tops of fennel. I like to buy a piece of white fish to bake the same day, using the stalk and fronds as a bed under the fish. Add any seasonings you like. My favorite is lemon zest, lemon juice, grated fresh ginger and a TINY pinch of coarse ground salt & pepper.

Wash fennel bulb, use a sharp pairing knife to remove any bruised outer leaves. If the outer leaves are pithy or tough discard them. Remove the core by cutting the bulb in half lengthwise. Lay each half flat on the cutting board and cut each in half again. Now the small core will be easy to remove. Slice about 1/4" thick and add to the boiling water.

Boil leeks & fennel uncovered for 5-10 minutes. Using a slotted spoon or wire ladle to remove and drain off the water, place in the buttered casserole.

While the leeks and fennel boil; in a med-size bowl beat the eggs, add S & P and fresh grated nutmeg, plus 3/4 of the cheese, mix well and pour over veggies. Top with remaining cheese.

Bake 20-30 min or until slightly brown.

Can be made several days ahead. When ready to serve reheat and cut into squares. Freeze leftovers for future last minute meals by wrapping COOLED individual squares in foil, place on baking sheet and freeze. Bag and date the next day.