

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *December* -

LEEKS

LEEK & LEMON RICE

3 large leeks

1 large garlic clove
(minced)

1/2 cup frozen peas

1 cup of rice

2 cup water
(depending on type of rice)

1 tbl lemon zest

2 tbl lemon juice

Salt & pepper to taste

To start with the leeks, trim off both the root and the tops off where they turn dark green. Chop the leeks lengthwise in half and rinse to remove any dirt hiding in the layers. Then thinly slice.

Heat 1 tbl of olive or coconut oil in a large skillet over medium-high heat and toss in sliced leeks. Season with salt and pepper and sauté until leeks are tender and golden brown. Stir in garlic and cook for 1 minute.

Next add in the rice and water and bring to a boil. Water amount depends on the type of rice you prefer. (Just follow rice/water ratio on package). Reduce heat and simmer until the rice is cooked. Combine the frozen peas into the hot rice to warm up the peas. Salt and pepper to taste.

When you are ready to serve, stir in the fresh lemon zest and lemon juice and enjoy.

Recipe by Gabrielle Sullo



For more information visit

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