

LEEKS



Leek, Mushroom, and Eggs

INGREDIENTS

- 2 eggs
- 1 small/medium leek
- 1-1.5 cups of chopped mushrooms
- 2 cloves of chopped/squeezed garlic
- 1/2 teaspoon of freshly grated/chopped ginger
- 1 T butter
- Salt & Pepper to taste
- Crushed red pepper (optional)

PEAK SEASON

August–October

DIRECTIONS

- 1** Chop leeks and wash well in a bowl to remove dirt. Chopping before washing make it easier to wash off the dirt in between the layers. Make sure to include the green part! These greens are full of nutrition and add texture to the dish. Chop them well to keep cooking time down.
- 2** Add butter in a skillet over medium low heat. Add chopped leeks and let it cook for 3-4 minutes.
- 3** Add chopped mushrooms.
- 4** Add garlic and ginger.
- 5** Salt and Pepper to taste. Add crushed red pepper for a kick.
- 6** Let it all cook together for 3-5 minutes or until your vegetables reach a desired tenderness.
- 7** In a separate pan (or use the same pan after the vegetables are done) fry 2 eggs.
- 8** Serve with eggs on top of the vegetables.

Nutrition tip:

Vegetables and eggs are a great way to start the day! The fiber in vegetables and the protein and fat in eggs help you feel full. Ginger aids with digestion!

*Recipe provided by
Myles Hamby*

