



Turkish Braised Leeks

Ingredients

- 2 tablespoons extra virgin olive oil
- 3 large leeks, cleaned well and trimmed, whites and tender green parts sliced into 1/4-inch rounds
- 2 to 3 carrots, peeled and cut into 1/4-inch rounds
- 1/2 eggplant, cubed
- 3 large garlic cloves, minced
- Kosher salt and black pepper
- 1 teaspoon cumin
- 1/4 teaspoon red pepper
- 1 teaspoon smoked paprika
- 1/4 cup uncooked quinoa, rinsed
- Juice and zest of 1 large lemon
- 1/2 cup chopped fresh parsley



Serves: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Nutrition Information: Serving Size
3/4 cup – 104 calories: 6 gm fat (1 saturated), 13 gm carb, 2 gm fiber, 2 gm sugar, 2gm protein, 150 mg sodium



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Instructions

1. In a medium saucepan heat 1/4 cup extra virgin olive oil over medium-high heat until shimmering. Add the leeks, carrots, and garlic and season with kosher salt, black pepper, and the spices. Toss around and cook for about 5 to 7 minutes, stirring regularly as needed until the leeks and carrots soften just a bit.

2. Add 2 cups of water, the quinoa, and lemon juice. Bring the water to a boil, then lower the heat and let simmer for 15 to 20 minutes or until the rice is fully cooked and the vegetables are fully tender.

3. Let the leeks and carrots cool down to room temperature, then stir in the fresh parsley, lemon zest, and another good drizzle of extra virgin olive oil.



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