

# FOOD & WINE

Inspiration served daily

## RECIPE



© Lucy Schaeffer

### Steamed Leeks with Mustard-Shallot Vinaigrette

Contributed by **Stéphane Vivier**

**ACTIVE: 20 MIN**

**TOTAL TIME: 35 MIN**

**SERVINGS: 4**

**Good News** Leeks are low in calories and rich in phytochemicals. They're also among the sweetest members of the onion family, making them a perfect match for this tangy mustard vinaigrette.

**ACTIVE: 20 MIN**

**TOTAL TIME: 35 MIN**

**SERVINGS: 4**

**BASIC-EASY**

**FAST**

**HEALTHY**

**MAKE-AHEAD**

**STAFF-FAVORITE**

**VEGETARIAN**

## INGREDIENTS

2 large leeks, cut into 2-by-1/2-inch strips

1 small shallot, minced

1 tablespoon Dijon mustard

1 tablespoon red wine vinegar

1 teaspoon balsamic vinegar

1/4 cup extra-virgin olive oil

Salt and freshly ground black pepper

1 tablespoon chopped parsley

## DIRECTIONS

1. In a saucepan fitted with a steamer basket, bring 1 inch of water to a boil. Add the leeks, cover and steam until just tender, about 5 minutes. Drain the leeks, pat dry and refrigerate until chilled, 10 minutes.
2. Meanwhile, in a small bowl, combine the shallot with the mustard and the red wine and balsamic vinegars. Whisk in the olive oil and season with salt and black pepper.
3. Mound the steamed leeks on plates. Drizzle them with the vinaigrette, sprinkle with the parsley and serve.

## MAKE AHEAD

The steamed leeks and the mustard-shallot vinaigrette can be refrigerated separately overnight.

## NOTES

**One Serving** 169 cal, 14 gm fat, 2 gm sat fat, 10 gm carb, 0.8 gm fiber.

From **Healthy Dishes That Won't Weigh You Down**

Published April 2008