



Braised Leeks

Active Time: 5 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

71 calories, 12.63 g carbohydrate, 1.63 g fiber, 11 g NET carbs, 1.62 g protein, 2.02 g fat

Ingredients

- 1/4 cup(s) Pacific Organic Bone Broth (Chicken)
- 1 tsp organic lemon zest
- 8 whole(s) organic leeks, trimmed, sliced lengthwise
- 1/4 tsp(s) sea salt
- 1 Tbsp organic extra virgin olive oil

Preparation

1. Preheat the oven to 425 degrees F.
2. Add leeks to a shallow dish with cold water. Let soak 15 minutes, rubbing occasionally to remove any grit.
3. Spray a 9 x 13 baking dish with nonstick cooking spray. Place the leeks in the baking dish and drizzle with the olive oil.
4. Roast 20 minutes, tossing halfway through to make sure they don't get too brown. Pour vegetable broth and lemon zest over the leeks. Roast another 10 minutes or until leeks are tender.
5. Season with salt and serve.

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