

Slow-Roasted Caramelized Leeks with Olive Oil

Tender, golden leeks roasted to buttery perfection—a low-glycemic side dish that won't spike blood sugar while delivering rich, caramelized flavor.

Prep: 5 min

Cook: 120 min

Total: 125 min

Servings: 4

GL 1.5 / GI 16

Ingredients

Low GI vegetable, high in prebiotic fiber 4 medium leeks, white and light green parts

Healthy fat that slows glucose absorption 1/4 cup extra virgin olive oil

For seasoning and drawing out moisture 1 tablespoon sea salt

Instructions

Step 1

Begin by thoroughly cleaning the leeks under cold running water, separating the layers to remove any trapped dirt or sand. Trim away the dark green tops and remove approximately half an inch from the root end. Slice each leek lengthwise down the middle to create two halves.

Step 2

Position an empty rimmed baking sheet in your oven and preheat to 400°F (200°C). Allowing the pan to heat ensures immediate contact heat when the leeks are added, promoting better caramelization.

Step 3

While the oven preheats, combine the halved leeks, olive oil, and sea salt in a large mixing bowl. Toss thoroughly with your hands or tongs, ensuring every surface is evenly coated with the oil and salt mixture.

Step 4

Carefully remove the hot baking sheet from the oven and arrange the leeks cut-side down in a single layer. Cover the entire sheet tightly with aluminum foil, crimping the edges to create a sealed environment. Return to the oven and immediately reduce the temperature to 300°F (150°C).

Step 5

Roast the covered leeks for 75 to 90 minutes, until they become very soft and tender when pierced with a fork. The low temperature and covered environment create a gentle steaming effect that breaks down the fibers without burning.

Step 6

Remove the baking sheet from the oven and carefully peel back the foil. Using tongs, flip each leek half so the cut side faces up. Discard the foil.

Step 7

Increase the oven temperature to 400°F (200°C) and return the uncovered leeks to the oven. Roast for an additional 15 to 20 minutes until the edges turn crispy and deep golden brown, with visible caramelization on the surface.

Step 8

Transfer the roasted leeks to a serving platter and allow to rest for 2-3 minutes before serving. The leeks should be buttery-soft inside with crispy, caramelized exteriors. Serve immediately as a low-glycemic side dish alongside your choice of protein.