

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 1.0 / GI 16

Ingredients

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

Healthy monounsaturated fats slow glucose absorption 1/4 cup extra virgin olive oil

Enhances flavor and mineral content 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 leafy tops and slice off approximately half an inch from the root end of each leek.

Step 2

Cut each leek in half lengthwise from top to bottom, creating two long pieces that will lie flat for roasting. Set aside while you prepare the oven.

Step 3

Place a large rimmed baking sheet in your oven and preheat to 400°F (200°C). Heating the pan ensures immediate contact heat for better caramelization.

Step 4

In a large mixing bowl, combine the halved leeks with the olive oil and sea salt. Toss gently but thoroughly, ensuring each piece is evenly coated with the oil and seasoning.

Step 5

Carefully remove the hot baking sheet from the oven and arrange the leeks cut-side down in a single layer. Tightly cover the entire baking sheet with aluminum foil, creating a sealed environment. Reduce oven temperature to 300°F (150°C) and return the covered sheet to the oven.

Step 6

Roast the covered leeks for 75 to 90 minutes, until they become very tender and can be easily pierced with a fork. The low, slow cooking breaks down their fibers while concentrating their natural sweetness.

Step 7

Remove the baking sheet from the oven and carefully remove the foil. Flip each leek half so the cut side faces up. Increase the oven temperature to 400°F (200°C).

Step 8

Return the uncovered leeks to the hot oven and roast for an additional 15 to 20 minutes, until the edges turn crispy and deep golden brown with caramelized spots. Serve immediately while hot, or at room temperature as part of a blood-sugar-friendly meal.