

## Grilled Leeks

With hot, humid summers where I live, grilling is my go-to cooking method for most nights. It keeps the house cool and the kitchen clean, and of course, produces amazing, smoky flavors for just about everything. I mean everything. In addition to burgers and steaks, I've grilled fruits, veggies, even pizza. I've learned that if it can take high heat, it can probably be grilled.

A week or so ago when trying to come up with a side for dinner, I realized I had some leeks that I was going to use for something and never did, so I thought I'd grill them up, and I'm glad I did, because they are now my new favorite summer side dish.

If you've never had leeks, they are similar to onions, and in fact, look like giant green onions when you buy them. They're sweeter, though, and milder, so they're perfect for people that don't like strong onion flavor, but want something to help round out a dish.

Since I really love the flavor of leeks, I wasn't really looking to cover it up too much when I grilled these. A simple brush with Ava Jane's Kitchen Avocado Oil and a sprinkling of the Citrus Salt and Pepper I got in my spice subscription were enough. Afterward a quick squeeze of lemon juice and an amazing side dish was had.

I ate these with a fork and knife alongside some grilled fish, but you could chop them up and put them in a salad or on top of a burger for a twist. Basically, anywhere you might eat grilled onions, you could swap these out for delicious results.

## Grilled Leeks

Prep time: 20 minutes

### Ingredients:

4 leeks, dark green parts removed  
Ava Jane's Kitchen Avocado Oil  
Citrus Salt & Pepper, or Colima Sea Salt and fresh ground pepper  
Lemon wedges

### Directions:

Preheat a gas or charcoal grill over medium high heat.

Cut the leeks in half lengthwise and lay on a sheet pan, cut side up. Brush with avocado oil and season with the salt and pepper. Grill cut side down until lightly charred and softened.