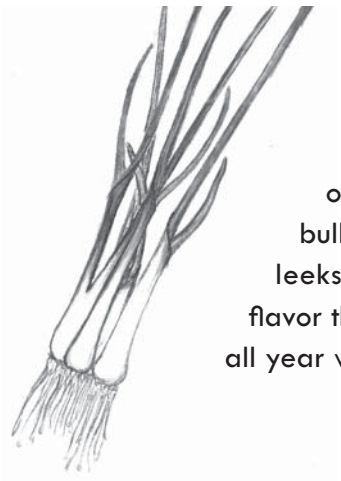


# SCALLION



**SCALLIONS**, also commonly referred to as green onions, are immature onions that are harvested before the bulbs develop. They are a member of the lily family along with leeks, garlic, shallots and chives. Scallions tend to have a milder flavor than most other types of onions. In the Northeast they are available all year with the height of their season in the spring and summer months.

## STORAGE

- ◆ Store scallions **unwashed in a plastic bag or wrapped in a damp cloth or paper towel in the refrigerator drawer** for up to **1 week**.
- ◆ Make sure that the scallions are not stored next to odor-sensitive foods like mushrooms, corn, or bread to ensure that these foods do not absorb the onion odor.

## PREPARATION

- ◆ **Wash** scallions in cold water and pat dry. Trim the root ends. Strip off and dispose of the outer wilted leaves.
- ◆ Both the **white and green parts** of the plant can be eaten **raw or cooked**.
- ◆ Try eating scallions **raw in a salad or use to garnish** meat, soup, potatoes, or dips.
- ◆ Include scallions in **soups, stews, or stir-fries**.
- ◆ To **grill**, trim off the roots and two inches of the tops. Grill until tender and streaked with brown.

### ***Nutritional Information***

Scallions have a high vitamin C and K content. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin K is involved in blood clotting.

# Scallion Recipes



## Scallion and Vegetable Couscous (Serves 6)

2 cups couscous

2 1/4 cups boiling water

1 tablespoon butter or olive oil

Bell pepper, summer squash, carrots (or any other desired stir-fry vegetables) chopped into bite sized pieces. Use as much as desired.

4 large scallions, trimmed and finely sliced

1/4 cup fresh parsley

1 teaspoon salt

1/2 teaspoon black pepper

In a pot with a lid, boil water and salt, while stirring pour in couscous. Turn off heat and cover. Let sit for 8 minutes. Meanwhile, in a saute pan, heat butter or oil. Add vegetables and cook about 5 minutes. Add scallions and parsley. Continue cooking until vegetables are tender. Turn off heat, add salt and pepper. Using a fork, fluff couscous. When couscous is tender, mix vegetables and couscous together.

For variations, try adding other spices such as coriander, marjoram, curry, or lemon pepper.

Recipe adapted from [http://digsmagazine.com/recipes/recipe\\_faith-scallioncouscous.htm](http://digsmagazine.com/recipes/recipe_faith-scallioncouscous.htm) courtesy of Faith Heinauer

## Super Veggie Wrap

1 cucumber, peeled and thinly sliced

2 zucchinis (small), thinly sliced

2 carrots, thinly sliced

4 white mushrooms, chopped

4 scallions, chopped

1 large tomato

1 clove garlic, chopped

4 10-inch tortillas

1/2 cup cream cheese

8 tablespoons salsa

In a small bowl, mix all vegetables together. Thinly spread 1 tablespoon cream cheese on each tortilla. Divide vegetable mixture evenly between the four tortillas and spread across center of each. Spread salsa over vegetables. Roll up tortillas tightly so that vegetables are wrapped in a small tube. If tortilla comes unwrapped, place a dab of cream cheese on the inside edge of the outside flap to help it seal. Slice each tube into 1 inch wide sections to serve.

Recipe adapted from PBH/CompuCOOK Inc. at <http://www.aboutproduce.com/recipes>.

## Scallion and Tomato Salad

1 cup finely chopped scallions

2 cups finely chopped tomatoes

2 Tablespoons water

1 Teaspoon salt

A pinch of hot pepper or hot sauce

Mix all the ingredients together and chill. Serve as a side dish.

Recipe adapted from [www.greatestplaces.org/recipes/madagascar](http://www.greatestplaces.org/recipes/madagascar)

