



Local green onion (scallion)

Availability:
june to october

Benefits

→ Because they're an indispensable flavour ally in the kitchen!

Like onions, chives and leeks, green onions add pep to nearly any dish. Raw or cooked, they are mainly used as a condiment rather than a stand-alone vegetable.

→ Because you get the whole package!

The white bulb can be used like an onion, while the green leaves can be used like chives to add a note of flavour and colour to dishes. Very popular in Asian cooking, green onions make a delicious garnish in everything from soups to dips to salads.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Green onion and mustard vinaigrette



PORTIONS: 150 ML

5 MIN 

Ingredients

- 4 green onions, chopped
- 15 ml (1 tbsp) Dijon mustard
- 30 ml (2 tbsp) red wine vinegar
- 80 ml (1/3 cup) olive oil
- 2.5 to 5 ml (1/2 to 1 tsp) honey
- Salt and pepper to taste

Directions

- 1 In a small bowl, combine the green onions, mustard, vinegar and honey.
- 2 Gradually add the oil and whisk with a fork.
- 3 Season to taste.

Note


This vinaigrette is excellent over sliced tomatoes, grated carrots and cooked asparagus.

Source : Julie Strecko, RD

Green onion appetizers



PORTIONS: 34 APPETIZERS

15 MIN  2 TO 5 MIN 

Ingredients

- 350 g slice of fondue chicken meat
- 6 to 7 green onions
- 45 ml (3 tbsp) hoisin sauce

Directions

- 1 Preheat the oven on broil.
- 2 Cut the green onions in half length-wise and cut into strips of about 10 cm.
- 3 Spread a little hoisin sauce on the chicken slices.
- 4 Roll up the green onions in the chicken slices to form little cigars.
- 5 Place on a baking sheet and broil for 2 to 5 min.

Source : Julie Strecko, RD

Cooking with kids!

- Letting your kids make the vinaigrette is a great way to introduce them to cooking.



Tip!

- To rid your hands of the smell of green onions after an intense cooking session, rub them with lemon juice or vinegar. Be careful if you have a cut though, as it may sting!