

SCALLION

Also known as Green Onions, scallions are simply young onions harvested early in development. They look much like large chives, with a small white bulb at their base and straight green stalks at the top.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- SAUTEED

RECIPE IDEAS

- SALAD
- SOUPS
- AS A GARNISH, OR TOPPING FOR ADDED FLAVOR IN MANY DISHES

STORAGE

- Remove any wilted or slimy outer layers.
- Wrap loosely in a plastic bag and keep in the vegetable drawer of the refrigerator for up to a week.

NUTRITION

- Good source of Vitamin K
- High in fiber

TIPS

- Both white base and green stalk may be eaten.
- Chop the root end off, and place in a jar partially filled with water. Leave jar in the sun, and watch a new scallion grow!





SAUTÉED SCALLIONS, MUSHROOMS, AND ASPARAGUS

- **1 lb** fresh shitake mushrooms, stemmed
- **1 tbsp** vegetable oil
- Coarse salt and ground pepper
- **1 lb** pound asparagus, trimmed and sliced diagonally into 2 inch pieces
- **2** bunches (3-4 cups) scallions, sliced diagonally into 2 inch pieces
- **1 tsp** white wine vinegar

THINLY SLICE MUSHROOMS. IN A LARGE NONSTICK SKILLET, HEAT OIL OVER HIGH HEAT. ADD MUSHROOMS; COOK, TOSSING OFTEN, UNTIL BROWNED, ABOUT 10 MINUTES. MEANWHILE, BRING 3 CUPS SALTED WATER TO A BOIL IN A SMALL SAUCEPAN; ADD ASPARAGUS. COOK UNTIL CRISP-TENDER, 3 TO 5 MINUTES; DRAIN. TO MUSHROOMS, ADD ASPARAGUS AND SCALLIONS; SEASON WITH SALT AND PEPPER. COOK, TOSSING, UNTIL SCALLIONS HAVE WILTED AND PAN IS DRY, ABOUT 2 MINUTES. STIR IN VINEGAR; SERVE IMMEDIATELY.