

Scallions



Also known as green onions or spring onions, scallions are a type of onion harvested early, when tender and milder in flavor. The entire stalk is edible, from the white base to the green tops, and can be eaten raw or cooked in a variety of dishes. As part of the Allium family, they are nutrient-dense and have anti-inflammatory compounds.

Cooking

Trim off the roots and wash thoroughly before using. The white part is slightly stronger in flavor and best for cooking, while the green tops are more herbal and great raw. Slice thinly, as they can be fibrous. Try grilling whole, and then chopping to use as a flavorful topping or addition to sauces, salsa, or soups.



Storage

Remove any wilted or slimy outer layers, then store in a plastic bag in the fridge up to 5 days. Wash and trim just before using. Finely chop and freeze in an ice cube tray in water or oil for easy future use.



Quick Pork & Scallion Skillet

Serves: 4 Total Time: 15 minutes

Ingredients:

- 1 tbsp oil (vegetable or canola)
- 6 oz. ground pork
- 1 bunch (5 oz.) scallions, trimmed and coarsely chopped
- 1 can (14 oz) black beans, drained & rinsed
- 2 tbsp soy sauce
- 1 jalapeño, finely sliced (or other hot pepper)
- 4 cups salad greens

Directions:

1. In a large skillet over high heat, heat oil until very hot (shimmering, but not smoking).
2. Add pork and stir, breaking it up into small pieces as it cooks. Cook about 3 minutes.
3. Add scallions, black beans, soy sauce, and jalapeño. Continue to cook and stir until pork is fully cooked and scallions are soft, 5-6 minutes more.
4. Let cool until just warm, then serve over salad greens.

lovin'
spoonfuls
a food rescue



Quick Tips:

- Substitute large leaves of lettuce for salad greens and serve as lettuce wraps.
- Switch out the pork for ground chicken, turkey, or crumbled tofu.
- Don't like spice? Add a finely chopped bell pepper instead of jalapeño.

