



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

Portion: 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!