

Green Onions



SEASONALITY



NUTRITIONAL PROPERTIES

Green onions are naturally low in carbohydrates, protein, and fat. However, green onions have similar nutrient value as leafy greens like spinach or chard. They have vitamin K, vitamin A, vitamin C, and folate.

STORAGE

Store in the refrigerator in the crisper drawer. They can be stored in or out of a plastic bag. Green onions typically last 1 week.

PRESERVATION

Green onions dehydrate well. You can freeze green onions, however they become a bit mushy. It's recommended to chop green onions, freeze in an even layer, and transfer to plastic bag once frozen.

HOW TO PREPARE

1. Chop green onions' ends off.
2. Dice, slice, or chop and use as a topping or garnish to any salad, stew, soup, or dish.

Green onions are an allium. They can be used in place of other alliums like onions, shallots, leeks, or garlic.

RECIPES FROM HDFFA

with green onions

- Three Sisters Fritters
- California Fiesta Salad
- Add to Potato Onion Frittata

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