



## Green Onions

An aromatic plant originally from southwestern Siberia. The green onion has a slight bulge at its base; the white part is fleshy and the long, green leaves are narrow and hollow. It has a slightly pungent flavor.

### Buying

Choose: onions with fresh, green leaves and a pleasant smell.

### Serving Ideas

The green part of the onion is used at the end of cooking to flavor hot and cold dishes. It adds flavor and serves as a garnish for vinaigrettes, mayonnaise, salads, dips, vegetables, soups, sauces, cheeses, omelettes, pasta dishes, tofu, fish, seafood, meat and poultry. It can be used in place of chives (reduce quantity). The white part is used in the same way as onion.

### Nutritional Information

Per 3.5 oz/100g	raw
Water	90.5%
Protein	1.9g
Fat	0.4g
Carbohydrates	6.5g
Fiber	1.7g
Calories	34

### Preparing

Finely chop onion stems using scissors or with a knife.

Good Source: vitamin C and potassium.

Contains: vitamin A, iron, folic acid, zinc and phosphorus.

Properties: Juice is used as an anthelmintic remedy

## *Storing*

*In the fridge: a few days.*

*In the freezer: as is.*