Scallion Recipes

Scallion and Cilantro Barley

Quinoa, Chickpea and Almond Salad with Roasted Scallion Dressing

Charred Scallion Butter

**Scallion and Cilantro Barley**  
From CookingLight  
  
Ingredients  
6 green onions   
1 tablespoon canola oil   
1 3/4 cups unsalted chicken stock (such as Swanson)   
1 cup uncooked quick-cooking barley   
1/4 teaspoon kosher salt   
1/4 teaspoon freshly ground black pepper   
1/2 cup chopped fresh cilantro 4 lime wedges  
  
How to Make It  
 Slice white parts of green onions to measure 1/3 cup. Cut green parts of green onions to measure 1/2 cup. Heat oil in a medium saucepan over medium. Add white parts of green onions; sauté 5 minutes. Add stock, barley, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until barley is tender. Stir in green parts of green onions and cilantro. Serve with lime wedges.

**Quinoa, Chickpea, and Almond Salad with Roasted Scallion Dressing**  
From wellplated.com  
  
Ingredients:  
1/4 cup uncooked quinoa  
1/4 cup uncooked bulgur wheat  
16 scallions (about 2 bunches), hairy ends removed  
1/3 cup + 2 teaspoons olive oil, divided  
3/4 teaspoon kosher salt, divided  
1/2 teaspoon black pepper, divided  
3 tablespoons freshly squeezed lemon juice (about 1 small lemon)  
2 teaspoons Dijon mustard  
1 (14 ounce) can chickpeas, rinsed and drained  
1/3 cup raw almonds, toasted and coarsely chopped  
1/3 cup red onion, finely diced  
2 tablespoons chopped fresh Italian (flat leaf) parsley

Directions:  
 Place rack in upper 1/3 of oven then preheat oven to 450 degrees F.  
 Place quinoa in a fine mesh strainer and rinse under warm water for 1 minute to remove bitterness. Place in a medium saucepan with bulgur. Add 1 cup cold water, bring to a boil, then cover and reduce heat to low. Let cook for 15 minutes, then remove from heat. Let sit, covered, for 10 minutes. Fluff with fork and let cool.  
 Line a 9×13 inch rimmed baking sheet with foil or a silpat mat. Spread scallions in a single layer, then toss with 2 teaspoons olive oil, 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper. Roast in preheated oven for 10-12 minutes, until scallions are lightly charred.  
 Pulse roasted scallions in a food processor with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon pepper, lemon juice, and Dijon mustard until mostly combined and scallions are roughly chopped. With food processor running, slowly pour the remaining 1/3 cup olive oil through the feed tube, and blend until relatively smooth and emulsified.  
 While the grains are still warm, place the cooked quinoa and bulgur in a large bowl. Pour scallion dressing over the grains, then toss gently to coat. Add chickpeas, almonds, red onion, and parsley and toss until combined. Serve chilled or at room temperature.

**Charred Scallion Butter**  
From Bon Appetit   
  
INGREDIENTS  
2 bunches scallions, trimmed, halved crosswise  
2 teaspoons finely grated lime zest  
1 teaspoon fresh lime juice  
1 cup (2 sticks) unsalted butter, room temperature  
Kosher salt, freshly ground pepper  
  
RECIPE PREPARATION  
Heat a large cast-iron skillet over high until smoking hot. Add scallions and cook, turning occasionally, until evenly blackened, 8–10 minutes. Transfer to a cutting board and let cool; coarsely chop.  
  
Mix scallions, lime zest, and lime juice into butter in a medium bowl until evenly blended; season with salt and pepper.  
  
Do Ahead: Butter can be made 2 weeks ahead. Cover and chill.