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.