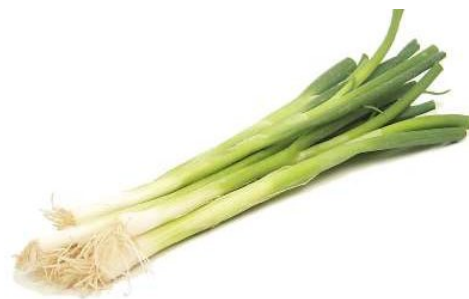


Notes on Green Onions

Ever want to add a fresh onion to a recipe but not the strong onion flavor. Try green onions. The green onion has a dark green color and a subtle onion flavor that is easy on the taste buds. Add them to salads, Thai food, tacos, stir-fry, eggs, salsa, and any dish that asks for onions.



Simple Ideas for Green Onions

- Add green onions to a ham and cheese quiche for flecks of color.
- Sprinkle green onions over a salad or add them to your favorite dressing.
- Mix green onions with cream cheese and spread on a sandwich for a zesty treat.

Green Onion and Egg Sandwich

I like this sandwich because it is easy to make and is different from the bread, meat, lettuce and cheese sandwiches I normally make when I'm in a hurry. Serves 1

2 tbsp Oil

2 Eggs

Dash of milk

¼ cup Green onions, roughly chopped

Salt and pepper to taste

2 slices of whole wheat bread

1 or 2 slices of cheese

- Heat oil in a non-stick pan over medium heat. In a bowl beat eggs and milk. Add green onions, salt and pepper. Pour into the pan and swirl the egg mixture so that it coats the bottom. While the eggs start to cook, toast the bread. If the eggs are still semi liquid, scrape the bottom with a rubber spatula or lift the edge of egg mixture, tilt the pan so the excess liquid pour off into the pan. After the eggs are done, fold them over so that they look like an omelet then fold them over again. Place a piece of toast on a plate, cover with a slice of cheese, and the egg. Top with a slice of toast. (If you want, another slice of cheese add it before the slice of toast.) Cut in half and enjoy with carrot sticks or a salad.

Green Onion and Beef Stir-fry

Recipe Adapted from Lesly Downer and Minoru Yoneda "Step by Step, Japanese Cooking" Serves 4

8 ounces of beef, thinly sliced

¼ tsp Sugar

¼ tsp Salt

2 tsp Soy sauce

1 tbsp each Mirin sweet cooking seasoning*, Rice vinegar, Sesame oil, Water, Sugar, and Oyster sauce

2 tsp Cornstarch

3 tbsp Vegetable oil

1 tbsp each minced Ginger and minced Garlic

½ tsp Hot Red Pepper Flakes

½ cup Green onions, cut into 1 inch pieces

1 cup Mushrooms, cut in half

- Mix salt, sugar and soy sauce together. Add the beef, let it marinate for 20 minutes. While the beef marinates make the sauce by mixing the mirin, rice vinegar, sesame oil, water, sugar, oyster sauce, and cornstarch in a small bowl and set aside.
- Heat a large heavy skillet over high heat until it is hot, add 2 tbsp of the vegetable oil, and heat it until it just begins to smoke. Stir-fry the beef in the oil until it is no longer pink, and transfer to a plate. Add the remaining 1 tbsp vegetable oil to the skillet, heat it until hot, add the ginger, garlic, and pepper flakes, cook until fragrant. Add the green onions and mushrooms, stir-fry for another minute. Add sauce to the skillet with the beef and any juices that have accumulated on the plate, and cook the mixture, until the sauce has thickened and the beef is heated through. Serve it with the rice.

* You can find mirin in the international aisle at your local grocery store. If you do not want to use mirin you can use sherry.