



CSA Harvest Information



# Spring Onions

## Spring Onion Information & Tips

Sometimes called scallions or green onions, spring onions are really just very young onions, harvested before the bulb has had a chance to swell. They can be white or red (purple), but color does not affect taste. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked. They have a similar, but milder flavor to onions. Store in a perforated bag in the fridge. Spring onions don't last as long as onions, so use within four or five days.



## Cooking Tips

Wash, then trim off the root as well as any ragged ends at the top. Slice the bulb into rounds. Cut the green tops across (kitchen scissors are good for this) or lengthways with a knife, then lengthways again, according to what shape you'd like.

They are great grilled, roasted whole, or used like pearl onions.

## Swiss Chard and Spring Onion Quiche

*To cut down on fat, replace the half & half with fat-free half & half, and replace some or all of the eggs with liquid egg whites.*

**Serves 6-8**

1 pre-made refrigerated pie crust (homemade or store bought)

½ pound Swiss chard

2 Tbsp. butter

2 large or 3 medium-sized spring onions, green and white parts, chopped (about 2 cups)

1 teaspoon salt, divided

1 1/2 cups half & half

2 eggs, plus 2 egg yolks

¼ teaspoon white pepper (or use fresh ground pepper)

Pinch of nutmeg

4 ounces Swiss or Gruyere cheese, grated (1/2 cup)

Preheat oven to 375°. Place the refrigerated pie crust in a 9" pie pan, preferably glass. Crimp the edges of the dough to form a decorative edge, if desired. Press a doubled 12-inch square of aluminum foil inside dough shell; evenly distribute pie weights or dried beans over the foil. Bake 15 minutes. Remove foil and weights by gathering sides of foil and pulling up and out.

While crust is baking, rip stems from the chard leaves. Cut off and discard the thickest inch or so of the chard stems; the rest, line up side to side and cut cross-wise into small pieces. Set aside. Cut the chard leaves into one-inch pieces.

Heat 2 Tbsp. butter in a large sauté pan over medium heat. Add the chard stems and sauté for 4 minutes, until stems are starting to soften, then add the onions and sauté over medium heat until the onions are soft, about 4 minutes more. Stir in ½ teaspoon salt, then add the Swiss chard leaves and continue cooking for about 2 minutes until the chard has wilted.

Transfer the Swiss chard mixture to a colander, gently press out any excess moisture with a spatula or bunched up paper towels.

In a medium bowl, combine the eggs, half & half, the rest of the salt, pepper and a pinch of nutmeg. Whisk well to combine.

Spread the cheese evenly in the pie shell. Top with the chard mixture and spread evenly. Pour the egg mixture over the top.

Bake until lightly golden brown and a knife blade

inserted about one inch from the edge comes out clean, and center feels set and soft like gelatin, 32 to 35 minutes. Transfer quiche to a rack to cool. Serve warm or at room temperature.

