



Grilled Scallions

U.S.

1 bunch (8 stalks)	Scallions (Green Onion), washed
1 tsp	Olive Oil
1/8 tsp	Salt, Kosher
1/8 tsp	Black Pepper, ground

Metric

1 bunch (8 stalks)
5 mL
0.75 g
0.3 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill to medium heat, around 350°F (180°C).
3. Rub the scallions with the olive oil, salt and pepper.
4. Place the scallions on the grill and let them sit until they start to become very lightly charred, about 2 minutes per side.
5. Remove the scallions from the grill, slice them in half and serve.

Nutrition Facts

Serving size	2 stalks
Servings	4
Calories	20
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	64 mg
Carbohydrates	2 g
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A	25 %
Calcium	2 %
Vitamin C	8 %
Iron	2 %
Phosphorus	0 mg
