



Chive

How to Prepare

Chives are a small-sized, mild-flavoured relative of onions, garlic, shallots, and leeks. Their delicate green scapes have a delicious fresh oniony flavour that brightens up dishes without being overpowering, even when eaten raw. They also produce beautiful purple flowers that can be eaten as well, as long as they are picked before they go to seed.

To keep your chives fresh longer, wrap them in a dry paper towel inside a plastic zipper-lock bag in your refrigerator.

Chives lose a great deal of flavour once they've been dried, so they're best to be eaten fresh or preserved in oil or butter, then frozen.

Try Using Chives:

- In salads;
- In soups;
- In flavoured butter;
- In pastas;
- In omelets;
- In salad dressings;
- In dips;
- Baked into breads;
- In potato or egg salad;
- As flavourful garnish;
- In dumplings; and
- In flavoured vinegars.

Nutrition Highlights

- Low calorie;
- A source of vitamin A and C;
- A source of many other vitamins;
- A source of dietary fiber.

Nutrition Facts	
Serving Size 1 ounce 28g (1 ounce (28g))	
Amount Per Serving	
Calories 8	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 24%	Vitamin C 27%
Calcium 3%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Lemon Chive Sauce

Ingredients

1/3 cup of butter
2 tbsp finely chopped chives
1 tbsp lemon juice
1 tsp finely grated lemon peel
½ tsp salt
dash of black pepper

Instructions

Melt butter in a small saucepan on low heat, stirring constantly to avoid burning
Add remaining ingredients and heat through

This beautiful sauce is sophisticated in taste and presentation, but is incredibly easy to make.

Try this sauce with grilled chicken, baked fish, asparagus, or over baby potatoes.

Chives give such a gorgeous pop of fresh green colour and subtle garlicky onion flavour that it's best to add them at the end of a dish to preserve their appearance and taste.