

What's Fresh:

Onions



They're naturally good!

- ◆ High in Vitamin C
- ◆ Provide dietary fiber
- ◆ Contain potassium, which is good for a healthy heart
- ◆ 1 cup = 1 serving of veggies

Storage Tips:

Store onions away from potatoes in a cool, dry place for up to 2 weeks

Do NOT store onions in plastic bags
Peeled & cut onions should be stored in the refrigerator

Too much of a good thing? Freeze them!

Wash, peel and chop raw, onions into about 1/2" pieces. There is no need to blanch onions. Bag and freeze in freezer bags for best quality and odor protection.

Preparation Tips:

- ◆ Cut off stem/top & peel back outer layers of skin
- ◆ To dice, cut the whole onion in half from root end to stem end
- ◆ Lay each half cut side down & make multiple, evenly spaced cuts from root end to stem end, being careful not to cut through the root end
- ◆ Hold onion together & make horizontal cuts parallel to the cutting surface, leaving the root intact
- ◆ Make multiple cuts across the onion, dispose root end

Don't shed a tear! To reduce tearing try these tips:

- ◆ Chill the onion for 30 minutes before cooking
- ◆ Always use a sharp knife
- ◆ Leave root uncut for as long as possible, as it contains the highest level of sulfur compounds

Ways to eat onions:

- ◆ Add chopped onions to eggs, casseroles, ice dishes, salads & sandwiches.
- ◆ Never forget to add onions to a stir fry!
- ◆ Use to flavor the base of soups, stews and pasta sauces.
- ◆ Grill onions. It is best to use sliced onions. Brush or toss in oil, salt & pepper. Cover with a foil pan & grill over medium heat 15-20 minutes or until tender. Use tongs and turn onions only 1 or 2 times .
- ◆ Roast onions whole. Cut off roots & tops, lay flat on foil lined baking sheet. Roast for 1 hour at 400 F.



See more recipes on the back →



Make it a meal!

RECIPES

Onion Rings

Ingredients:

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|--------------------------|-------------------------------------------|
| 1 cup bread crumbs | 3 tablespoons grated Parmesan cheese |
| 1 teaspoon garlic powder | 1 egg |
| 1 teaspoon oregano | 3 onions, sliced and separated into rings |

Directions:

1. Preheat oven to 400 F. Spray a large baking sheet with non stick cooking spray.
2. In a medium bowl, combine bread crumbs, garlic powder, oregano and cheese.
3. In a separate bowl, mix egg with 1 tablespoon cold water.
4. Dip onion rings into egg mixture and then into bread crumb mixture.
5. Place onion rings on baking sheet. Bake 15 minutes or until golden brown. Serve immediately!
6. Refrigerate leftovers.

Italian Sausage with Peppers and Onions

Ingredients:

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|----------------------------------------------------|-------------------------------------|
| 6 (4 oz) links of Italian Sausage | 1 large red bell pepper, sliced |
| 2 tablespoons oil | 1 large green bell pepper, sliced |
| 2 onions, sliced | 1 teaspoon dried oregano |
| 4 cloves of garlic, minced or 2 tsps garlic powder | 1 teaspoon dried basil |
| | 1/4 cup white wine or chicken stock |

Directions:

1. Place the sausage in a large skillet over medium heat, and brown on all sides. Remove from the skillet and slice.
2. Heat oil in the skillet and stir in the onion and garlic for about 2 to 3 minutes. Mix in the bell peppers and add the seasonings. Add the white wine or stock.
3. Continue to cook and stir until peppers and onions are tender.
4. Return sausage sliced to skillet with the vegetables. Reduce the heat to low, cover and simmer for 15 minutes or until sausage is heated through.

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