



- Onions come in yellow, green, red, and white colors
- Refrigerate onions for 1 hour before cutting to reduce eye irritation

Health Benefits

- Fiber helps move food through our digestive system
- Vitamin C helps heal cuts and wounds
- Calcium helps keep our bones strong

Storage

- Keep whole onions in a cool, dry place up to 4 weeks. Refrigerate peeled or cut onions in a sealed container up to 3 days.

Selection

- Choose firm, heavy onions. Remove the outer wilted layers. Look for nice green stems on green onions.

Serving Ideas

- Yellow onions are crisp, juicy, and mild flavored. Add caramelized onions to any recipe
- Red onions add color and a mild flavor to salads and sandwiches
- Full flavored white onions are great in potato and pasta salads, and used in Mexican cooking
- Onions are good raw, cooked, roasted, sautéed, or grilled
- Onions add flavor and color to rice, tuna salad, guacamole, soups, almost any recipe

Caramelized Onions

Makes 2 cups

Ingredients

4 medium onions, chopped

1 tablespoons of butter or oil

Salt and pepper to taste

Water, 1-2 tablespoons as needed

Directions

Heat the pan on medium high heat, add the oil or butter, and onions and stir constantly for 30-40 minutes. If the onions begin to burn, reduce the heat to low-medium. If the onions begin to dry out, add 1 tablespoon of water. Add salt and pepper to taste. Once onions are golden brown remove from heat.



Caramelized onions add a savory-sweet flavor to your favorite recipes. Add caramelized onions to ...

- Rice
- Beef
- Soup
- Pizza
- Omelets
- Quesadillas
- Sandwiches
- Mushrooms
- Mashed potatoes