

O N I O N S



Storing Onions

- ◆ Like most fresh produce, onions need to be kept in a cool, dry, dark area.
- ◆ One way to store onions is to drop them one by one into pantyhose, making sure they aren't touching as one rotting onion will cause his neighbor to do the same.



Fun with Onions

There are many different ways to enjoy a tasty onion. Top your burger with a handful of delicious sautéed onions. Throw a few rings onto a fresh, tossed salad. Put them in soups, stews, salsas, and sauces. Onions are also an excellent addition to homemade pizza, pasta salad, and quiche.

- ◆ There are many different types of onions; we are most familiar with purple, yellow, and white.
- ◆ Onions are considered a 'superfood.' Meaning they contain many vital nutrients needed to maintain a healthy lifestyle.
- ◆ Antioxidants are just one of those vital nutrients. They help protect the body against disease and free radicals. (cancer causing cells)
- ◆ To choose the best onion look for tight, dry skin. Avoid onions that have black spots on the skin. The black could be mold or dry rot.

Handling Onions

- ◆ Onions contain a chemical called sulfur. When sliced, the chemical is released into the air, making sulfuric acid, and that is what causes tearing.
- ◆ To help eliminate this eye irritant, try a simple trick: When slicing an onion, start at the top (stem) and work your way down to the bottom (root) end. Don't cut the root end until last as this is where most of the sulfuric compound is concentrated.
- ◆ Chilling the onion prior to cutting and using a sharp chef's knife will also reduce tears.

ONION RECIPES

French Onion Soup

For this recipe you will need:

- Two tablespoons butter or olive oil.
- One Pound (two large) yellow onions, thinly sliced.
- Dry red wine
- Worcestershire sauce
- 2 (14 ounce) cans beef broth
- Ground black pepper
- 6 slices French bread, toasted
- 2/3 cup shredded Swiss Cheese



Method

In a large sauce pan, cook and stir onions in the butter or olive oil on medium to low heat for about 20 minutes. Onion should become soft and transparent.

Add red wine and simmer until liquid has cooked off. Add Worcestershire sauce, beef broth, and pepper; heat to a low boil. Remove from heat

Place the six slices of French Bread on a baking sheet. Sprinkle with the Swiss Cheese and broil 4-5 inches from heat for about 1 minute or until cheese is melted and golden.

Nutrition Facts:

When you make this soup, you will be glad to know you are aiding your body's natural process of lowering bad cholesterol and high blood pressure, you are also fighting against colon cancer, diabetes, and osteoporosis. Onions can also sharpen the memory and strengthen the nerves.

ONION RECIPES

Glazed Pearl Onions With Rosemary

- 2 tablespoons olive oil
- 1 bag (1 pound each) frozen white pearl onions, thawed
- 2 sprigs rosemary
- 1/4 cup red wine vinegar
- 1/2 cup beef broth
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground pepper

In a large skillet, heat the olive oil over medium/high heat. Add the onions. Cook and stir until onions begin to brown. About 3 to 5 minutes. Transfer to a sauce pan.

In a small bowl, stir together vinegar, beef broth, brown sugar, and salt. Add to onions and bring to a boil. Reduce heat to medium-low and simmer uncovered, stirring occasionally, until liquid has become syr-



Storing Onions

Grilled Red Onion

- 1 large red onion
- 1 tablespoon olive oil
- Salt and pepper

Preheat grill on medium. Slice the onion into 1/3-inch thick rounds. Brush with olive oil and grill about 6 minutes on each side. Season with salt and pepper to taste.