



Give Them More
— of the —
Good Stuff!

Onion Basics



Shop and Save

- ✿ Choose whole onions that are firm and heavy for their size, and have no scent. Look for a dry, papery outer skin. Avoid cut, bruised or sprouting onions.
- ✿ Yellow onions usually cost the least. Use them for cooking since the flavor becomes sweeter when cooked. Use sweet onions and red onions when you need a mild raw flavor or bright color.
- ✿ Onion powder adds flavor when cooking. Choose onion powder over onion salt to help reduce the salt in your diet.

*Onions boost flavor
and add antioxidants
for cell and tissue health.*




Types of Onions

 **Yellow onions** are most common. They store well.


White onions are usually sharper in flavor. 


 **Red onions** are somewhat mild in flavor. Their red skin adds color to dishes.

Sweet onions have a mild flavor even when raw. They don't store as long. 



Green onions (scallions) are mild in flavor. Both the bulb and the green tops are eaten.

Chives are thin green stems with a mild onion flavor. Use them fresh or dried. 

Leeks have a mild onion flavor and can be used raw or cooked. 

store Well Waste Less



- Store whole onions in a cool, dark, dry place in an open bowl or bag for several weeks. They need air around them to slow spoilage.
- Refrigerate peeled or cut onions in sealed containers or wrapped tightly. Use within 1 to 2 weeks.
- Refrigerate green onions (scallions) and use within 1 to 2 weeks.

- Freeze extra onions (raw or cooked) to prevent waste. Chop the onions and sauté if desired.
 - Freeze an amount to be used at one time in individual freezer-safe containers or bags.
 - Freeze individual pieces on a tray and transfer to a freezer-safe container. To use, remove just what you need and return to the freezer. Use within 6 to 8 months in cooked dishes.



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Cooking with Onions

Sautéed Onions

Ingredients:

1 medium **onion**, sliced or chopped
1 teaspoon **oil**, **margarine**, or **butter**

Directions:

1. Heat oil in a wide bottomed skillet or pan over medium-high heat.
 2. Add chopped or sliced onion and cook, stirring frequently, until desired softness and color are reached. Reduce the heat as needed to prevent burning.
- ❁ 3-5 minutes – onions will be crisp-tender and a clear white.
 - ❁ Longer cooking will start to brown the onions. They will become softer and sweeter.
 - ❁ Cooking for a long time (30 minutes or more) at a lower heat will turn onions a rich golden brown.
 - ❁ When sautéing more than one onion, avoid crowding them in the pan.

Makes 1 cup

Prep time: 5 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for easy, tasty
onion recipes

No Tears!

- ❁ **Chill onions before chopping - 30 minutes in the refrigerator or 10 minutes in the freezer.**
- ❁ **Use a very sharp knife.**
- ❁ **Start cutting at the stem end.**

Roasted Onions

Ingredients:

2 medium **onions**
1½ teaspoons **oil**
¼ teaspoon **salt**
⅛ teaspoon **pepper**

Directions:

1. Preheat oven to 425 degrees F.
2. Peel off papery layers and trim out root end. Cut onion in quarters.
3. Toss with oil, salt and pepper. Place cut-side down on a baking sheet.
4. Roast until tender, about 20-25 minutes.
5. Refrigerate leftovers within 2 hours.

Notes:

- ❁ To make clean-up easy, cover the baking sheet with foil.
- ❁ Drizzle with 1 to 2 teaspoons of balsamic vinegar before serving for a different flavor.

Makes 2 cups

Prep time: 5 minutes

Cook time: 30 minutes



Kids Can!

- When kids help make healthy food, they are more likely to try it. Show kids how to:
- ❁ **snip green onions or chives with kitchen scissors.**
 - ❁ **put onions in the refrigerator before cutting.**
 - ❁ **toss onions with oil and seasonings and arrange on the pan for roasting.**

Any type of onion can be used in most recipes.

1 medium onion = 1 cup chopped onion = 1 Tablespoon onion powder