



# Give Your Family 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.
- Onion powder adds flavor when cooking. Choose onion powder over onion salt to help reduce the salt in your diet.
- Yellow onions usually cost the least. Use them for cooking since the flavor becomes sweeter when cooked. Save more expensive sweet onions and red onions for times when you need a mild raw flavor or bright color.


*Onions are great flavor boosters!  
They are good sources of fiber and vitamin B6.*



### Types of Onions

Here are some popular types of onions:


 **Yellow onions** are most common and often cost less. They store well.

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

 **Red onions** have a mild flavor and deep red-purple color.



**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. 

### 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.
- Store peeled or cut onions in sealed containers in the refrigerator. 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 saute if desired. Place small amounts in freezer bags or containers and store in your freezer. You can also freeze raw onions on a tray. Transfer to a freezer bag or container and return to freezer. Use within 6 to 8 months in cooked dishes.

Any type of onion can be used in most recipes.



# 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 sauteing more than one onion, avoid crowding them in the pan.

## No Tears!

To avoid watery eyes when chopping onions, chill them first - 30 minutes in the refrigerator or 10 minutes in the freezer. Also, try using a very sharp knife.

## Quick Ways to Use Onions

- ❁ Add onions – cooked or raw, sliced or chopped – to burgers, sandwiches, tacos, or quesadillas.
- ❁ Add cooked onions to pasta sauce from a jar.
- ❁ Add green onions or sauteed onions to scrambled eggs or omelets.
- ❁ Use frozen onions in soups, stews or casseroles.

## Roasted Onions

### Ingredients:

- 2 medium **onions**
- 1 ½ teaspoons **oil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**

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**FoodHero.org**  
for easy, tasty  
onion recipes

### 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.

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