



# ONIONS | MADE EASY

## SHORT TERM STORAGE



- Keep whole onions in refrigerator drawer for up to 4 weeks
- Store cut onions for up to 2-3 days
- For long term storage, blanch (see back)

## HEALTH BENEFITS



- Good source of vitamin C and fiber; rich in polyphenols
- Fat-free, cholesterol-free, sodium-low
- Promotes healthy weight, reduces inflammation, wards off cancer, improves immunity, strengthens skin and nails

## WAYS TO ENJOY



- Raw: As a topping for sandwiches and salads
- Roasted: Heat oven to 425° and adjust oven rack to lowest position; cut onions in half; toss with oil, add salt and pepper. Place onions cut-side down on baking sheet. Roast until tender and cut surfaces are golden brown, 25-30 min
- Sautéed: Add onions to oiled pan, cook on stovetop until tender

Flip over for recipes



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# BLANCH

verb  
prepare (vegetables) for freezing or further cooking by immersing briefly in boiling water

**STEP 1**  
Carefully remove ends and skin from onion. Cut the onion into uniform quarters.

**STEP 2**  
Bring water to boil in 2/3 of a large pot. Add a few tablespoons of salt to water.

**STEP 3**  
Add onions to boiling water. Once water returns to boil, time carefully: 4-5 min if quartered, 2-3 min if sliced into rings.

**STEP 4**  
Immediately scoop out onions and place in an ice water bath until completely cooled. Drain and pat dry.

**STEP 5**  
Place onions in freezer bags, removing as much air as possible. **Will last up to six months.**

## EASYRECIPES

### Onion Casserole 8-10 servings

*Ingredients:*

- 5 large onions, halved and sliced
- 1/4 cup butter
- 1/2 cup crushed Ritz crackers
- 1/2 cup grated Parmesan cheese
- Salt and black pepper if desired

*Directions:*

In a large skillet, saute onions in butter until tender. Place half of onions in a greased 2-qt baking dish; sprinkle with half of the cracker crumbs and cheese. Repeat layers. Bake at 350° for 25-30 min until golden brown and bubbly.

### Roasted Onions & Potatoes 8 servings

*Ingredients:*

- 2 1/2 lbs (about 5 potatoes) potatoes, cut into 1 inch wedges
- 2 medium yellow onions, wedged
- 1 teaspoon each of salt and pepper
- 5 tablespoons olive oil, divided

*Directions:*

Boil potatoes in covered pot for 10 min and drain. Pat dry. Divide potatoes between two baking sheets; drizzle with oil. Toss in onions with salt and pepper until coated. Bake on bottom rack at 425° for 15 min. Turn over and repeat.

### Quick Onion Soup 4 servings

*Ingredients:*

- 1 medium onion
- 2 tablespoons butter
- 1 tablespoon flour
- 3 cups any type of broth; beef is best
- Grated Parmesan or Swiss cheese

*Directions:*

Peel and slice onions into half moons. Halve again. Heat butter over medium heat, add onions. Stir 6 min until soft. Add and coat onions with flour. Add broth, bring to boil. Reduce heat to simmer and cover for 10 min. Season if desired and top with cheese.

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