



# Viva Vegetables!

Utah State UNIVERSITY extension



January's featured vegetable is:

# Onions

## Dicing onions, made easy.



Slice onion in half from the root to the top end.



Split the onion in 2 equal halves, leaving the root ends attached.



Take off the onion skin. Place onion halves onto cutting board with flat sides down.



Slice evenly in parallel cuts. Don't cut through the root!



Move your fingers and grip the onion at the root end. Make a parallel cut.



Make a second parallel slice above the first one you just made.



Grip the onion and slice across in parallel cuts, starting opposite the root end.



Repeat the first steps for the other onion half.

## Put the oniON the spot.

- Roast onions in the oven or on the grill to make them sweeter. You can roast them alone or with other vegetables.
- Use onions to flavor meat, like hamburger or chicken.
- Sauté with peppers for fajitas
- Sprinkle on a plate of veggie nachos, or add to guacamole.
- Put slices or small pieces in a salad or on a sandwich.
- Mix into tuna or chicken salad.
- Add different colored onion slices to your pizza.
- Onions add a nice flavor to soups.
- Cooking onions softens them and makes their flavor less sharp.
- Add onions to a potato salad.
- When you're done putting onions in your favorite foods, you can rub your hands on stainless steel to remove the odor.

**The name's Onion. Onion Allium.** The allium family of vegetables is noted for a characteristic they all have in common, kind of like your family. Maybe all of your family members are short. The Allium family is similar because members contains sulfur. Sulfur in onions helps decrease blood pressure and blood cholesterol, making them a heart-healthy member of the vegetable family. Take a bite out of heart-damaging crime and invite Onion over for any meal.

Why onions? Why me?  
Why now?

## Tropical Salsa

- 1 pineapple, chopped (or 3 cups, or about 2-14 oz. cans of chopped pineapple, drained)
- 1 mango or several peaches, chopped
- 1 large sweet onion, chopped
- 2 kiwi, chopped
- 1/4 jalapeno pepper, minced or a sprinkle of Tabasco or chili powder
- 1 red pepper, chopped
- 1/2 bunch cilantro, chopped
- 2 T lemon or lime juice
- Salt and pepper, to taste



Combine all ingredients in large bowl. Cover and refrigerate several hours or overnight. Adjust seasonings. Serve with chips, on chicken or fish, on rice, or in wraps.

## Balsamic Roasted Onions

- 4 pounds medium-size red onions
- 1/4 cup olive oil
- 3 tablespoons (3/4 stick) butter
- 1 1/2 teaspoons sugar
- 3 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh parsley

Preheat oven to 500°F. Line 2 large baking sheets with foil. Cut onions into wedges. Toss with oil. Arrange onions, cut side down, on baking sheets. Sprinkle with salt and pepper. Roast until onions are brown and tender, rotating pans in oven and turning onions once, about 45 minutes.

Melt butter and add sugar, stirring until sugar dissolves. Remove from heat and add vinegar. Return to heat and simmer until the mixture thickens, about 2 minutes. Arrange onions on platter and drizzle glaze over. Sprinkle with parsley.

## Recipes





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For Kids

- Egyptians believed that onions had strength-producing powers, so they fed them to the people who built the pyramids.
  - Onions make you cry because they release something invisible that irritates your eyes. To try to get rid of it, your eyes make tears.
  - The Egyptians worshipped the onion. Because it is round like a circle, they believed that it symbolized eternity or never-ending.
- Do you think onions make your breath stinky? You can get rid of the smell by eating some parsley.
- "Onion" comes from the Latin word "unio" which means "large pearl."

Did you know???

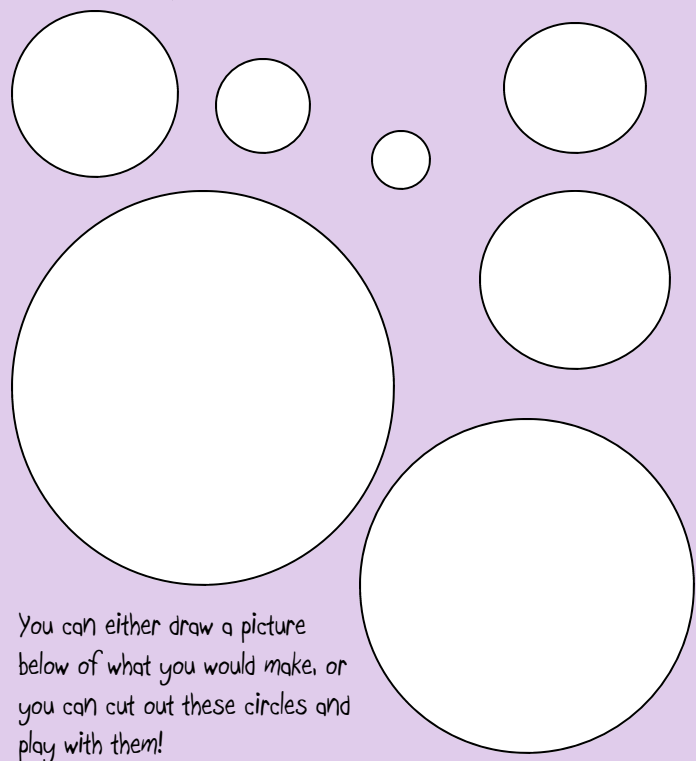
THERE ARE LOTS OF DIFFERENT WAYS TO KEEP FROM CRYING WHEN YOU CUT AN ONION. HERE ARE SOME WAYS YOU CAN SHARE WITH THE PERSON WHO COOKS ONIONS AT YOUR HOUSE:

- WEAR GOGGLES WHILE YOU CUT.
- WHITE ONIONS MAKE YOU CRY MORE. CUT THE OTHER COLORS OF ONIONS INSTEAD LIKE YELLOW OR PURPLE.
- CUT THE ROOT OUT OF THE ONION IN A CONE SHAPE.
- PUT A FAN NEAR WHERE YOU CUT ONIONS TO BLOW AWAY THE FUMES FROM YOUR EYES.
- CUT THE ONION UNDER COLD WATER

SOME OF THESE ARE SILLY, AND SOME MIGHT REALLY WORK!



Someone cut this onion into slices. A slice is made of lots of rings, or circles. What fun things can you make with all of these different sizes?

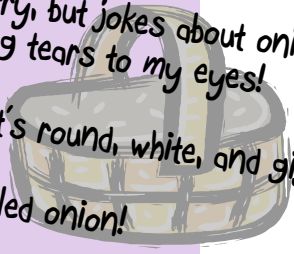


You can either draw a picture below of what you would make, or you can cut out these circles and play with them!

Sorry, but jokes about onions bring tears to my eyes!

What's round, white, and giggles?

A tickled onion!



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