



~The Onion~

Proudly accepted in any dish!



Variety of onions:

- + **Yellow** - all-purpose onion.
- + **White** - intense flavor, not sweet.
- + **Purple/red** - the sweet onion; usually eaten raw.
- + **Sweet white or “Walla Walla”** - sweet and mild but with onion flavor.
- + **Green onions (scallions)**: a combination of mild (green portion) and intense (white, bulbous portion).
- + **Leek** - looks like big green onion - mild, sweet, buttery flavor.
- + **Shallot** - not really an onion but related to one – smaller, sweeter, more flavorful than onion with hint of garlic - more expensive per pound than regular onion – may substitute red onion and garlic.

Onions get their powerful smell from sulfur. The sulfur compounds in onions have been associated with lowering blood cholesterol and blood pressure. Using onions in the foods you cook may help decrease your risk for heart disease.

Sautéed and Caramelized Onions

2 tablespoons olive oil

8 yellow onions, thinly sliced

Heat oil in heavy pan over medium-high heat. Add onions and cook until onions reach desired degree of doneness (see chart), stirring occasionally. If you want caramelized onions, reduce heat and cook longer.

5 minutes – translucent, wilted, strong onion flavor

15 minutes – pale golden color, soft, onion flavor

30+ minutes – brown color, very soft, sweet flavor

45+ minutes – dark brown color, jam-like texture, caramelized flavor

Use on and in anything where you desire flavor. Examples – omelets, sandwiches, burritos, pasta.

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Thin Crust Caramelized Onion and Mushroom Pizza

2 tablespoons olive oil

1 small yellow onion, halved and thinly sliced

Pinch of sugar

1 teaspoon balsamic vinegar

2 large flour tortillas

½ cup shredded Asiago cheese

6 – 8 button mushrooms, thinly sliced

Salt and pepper to taste

Preheat oven to 450°F. Heat 1 tablespoon olive oil in a sauté pan on medium heat. Add the sliced onions and cook 30 minutes or more, stirring occasionally, until the onions reach a dark brown color. Add a pinch of sugar and the balsamic vinegar. Cook a few more minutes and remove from heat. Line baking sheet with parchment paper and spray with cooking spray. Place tortillas on baking sheet and brush each one with remaining olive oil. Sprinkle each tortilla with ¼ cup of cheese, then mushrooms, then onions, then salt and pepper. Bake until the crust is crisp and brown - 5-10 minutes.

Yield: 2 servings

How to Choose an Onion:

- ✓ It should be free of mold and visible sprouting.
- ✓ It should have a crisp, dry outer skin.
- ✓ It should have no soft spots.
- ✓ If it is a green onion (scallion) it should not be limp or slimy; the bottom "bulbous" part should be white and not yellowing.

How to Store an Onion:

- ✓ Store raw, uncut onions in a cool, dry, dark place (not in fridge). Hanging onions in a wire basket or perforated bowl for proper ventilation and air circulation is ideal.
- ✓ Store chopped or sliced onions in the fridge for up to 7 days.
- ✓ Green onions (scallions) should be stored in the fridge.

Balsamic-Glazed Roasted Onions

4 pounds (~10-12 medium-size) red onions

¼ cup olive oil

3 tablespoons butter

1 ½ teaspoons sugar

3 tablespoons balsamic vinegar

1 tablespoon chopped fresh parsley

Salt and pepper to taste

Preheat oven to 400°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 20 – 25 minutes or until onions are brown and tender, stirring once or twice during roasting.

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.

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Easy Crock-Pot French Onion Soup

- 3 large onions, sliced (~3 cups)
- 2 tablespoons butter, melted
- 3 tablespoons all-purpose flour
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 4 (15 oz.) cans beef broth
- 1 tablespoon Worcestershire sauce
- 8 slices French bread, cut 1 inch thick
- ½ cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese



Mix onions and butter in crock-pot. Cover and cook on high 30 to 35 minutes or until onions begin to slightly brown around edges. Add flour, sugar, and pepper to onions and stir well to coat onions. Stir broth and Worcestershire sauce into onions. Cover and cook on low 7 to 9 hours (high 3 to 4 hours). 15 minutes before serving, place bread on baking sheet. Sprinkle with mozzarella and Parmesan cheeses. Broil on high heat until cheese melts. Watch carefully to prevent burning. Pour soup into bowls and place a slice of bread on top of each bowl of soup. Serve immediately.

Yield: 8 servings

Citrus Chicken Salad

- 2 boneless skinless chicken breasts
- 3 cups leaf lettuce, torn
- ½ cup green onion, sliced
- ½ green or red bell pepper, chopped
- 1 (10.5 oz.) can mandarin oranges, drained
- ½ cup shelled sunflower seeds
- ½ cup Swiss or mozzarella cheese, grated
- 1 tablespoon olive oil
- 3 tablespoons orange juice concentrate
- 1 tablespoon vinegar

Sauté chicken until done; cool. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds and cheese in a large bowl. Mix oil, orange juice concentrate, and vinegar. Let sit for five minutes. Pour over salad; toss lightly.

Yield: 4-6 servings.

For convenience you can buy onions fresh, frozen, dehydrated, canned, in a powder, or pickled. Where will one of these forms of onions show up in your next meal?



Salsa

- 6 fresh jalapenos
- 2 avocados
- 3 bunches green onions
- ½ fresh onion
- 3 fresh tomatoes
- 2 (15 oz.) cans petite diced tomatoes
- 8 - 10 green olives (optional)
- 1 bunch cilantro

Chop and mix all ingredients in large bowl.
Enjoy on any and everything!

Do you cry when you cut onions?

Try any of these remedies!

- ✓ Wear goggles. 😊
- ✓ Chill the onion before you cut it.
- ✓ Burn a candle - the flame is supposed to consume the sulfur.
- ✓ Hold a wooden matchstick between your teeth.
- ✓ Cut onions under running water or in a basin of water.
- ✓ Rinse the onion under water and leave it wet while chopping.
- ✓ Cut off the root (the "hairy" bottom portion) of the onion last.
- ✓ Use a knife with a sharp blade.
- ✓ Use milder onions (yellow, red) rather than white.

Tropical Pineapple Salsa

- 2 cups diced fresh pineapple
- 1 cup diced red or green bell pepper
- ¼ cup finely diced red onion
- 3 tablespoons finely diced jalapeno pepper
- 1 clove garlic, minced
- ½ bunch cilantro, chopped
- 2 tablespoons lime juice
- Salt and pepper, to taste

Combine all ingredients in large bowl. Serve with chips, on chicken or fish, on rice, or in wraps.