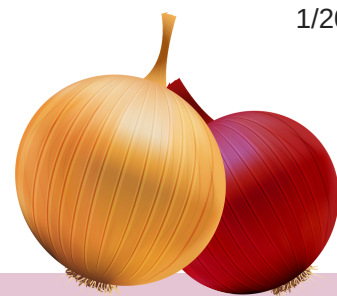


Produce Pick
of the Month:

ONIONS



Storage tips: Keep whole onions in a cool, dark, dry place in an open container for up to 3-5 weeks. Store peeled or cut onions in a sealed container in the fridge for up to 1-2 weeks, and keep green onions refrigerated for up to 1-2 weeks. Chopped onions (raw or cooked) can be frozen in freezer bags/containers for up to 6-8 months for easy recipe additions.



Nutrition benefits: Onions are good sources of fiber for gut and heart health, vitamin C for immune support, and vitamin B6 for metabolism regulation and protein production!



Chopping onions have you in tears? Try chilling the onion for 30 minutes in the fridge or 10 minutes in the freezer before cutting, and be sure to use a very sharp knife. You can also cut the onion in a flat dish of cold water or cutting the root last to minimize irritation.

1 medium onion = 1 cup
chopped = 1 tablespoon
onion powder

EASY FRENCH ONION SOUP recipe



5 WAYS TO ENJOY ONIONS:

- 1) Add sliced or chopped raw onions to burgers, sandwiches, salads, and tacos
- 2) Sprinkle chopped green onions on scrambled eggs and omelets
- 3) Add cooked onions to pasta sauce, soups, stir fry, pizza, and casseroles
- 4) Add to skewered veggies on the grill for a tasty summer side
- 5) Roast in the oven with other vegetables to bring out the sweeter flavor of onions



Visit purdue.edu/foodlink
for more recipe ideas and
cooking tips!

Ingredients:

- 2 pounds yellow onions - peeled, halved, and sliced
- 4 cups (32 ounces) low-sodium beef broth
- 2 teaspoons dried thyme
- 1/2 cup dry white wine (or water)
- 2 tablespoons flour

Instructions:

- 1) Place sliced onions in a 5-6 quart slow cooker. Add broth and thyme and stir. Cover and cook on high for 3-4 hours or until onions are tender.
- 2) Mix white wine (or water) with flour and stir into slow cooker. Cover and continue to cook on high for 1 hour longer or until soup is thickened.
- 3) If desired, serve with warm cheesy bread (thick-sliced bread topped with shredded cheese and broiled until cheese is melted)

Serves 6. Nutrition per 1 cup serving: 100 calories, 5 g protein, 1 g fat, 16 g carbohydrates, 1.5 g fiber, 70 mg sodium