



Onions are one of the most common cooking ingredients throughout the world. Their texture, color, and zest add intrigue to all types of dishes – from appetizers to condiments to main entrées. In the following recipes, onions take center stage. From Classic Onion Soup to Best Ever Onion Rings, you'll discover why onions are always a favorite.

ONIONS FOR YOUR HEALTH

Onions not only provide flavor – they also provide health-promoting phytochemicals as well as nutrients.

Research shows that onions may help guard against many chronic diseases. That's probably because onions contain generous amounts of a flavonoid called quercetin. Studies have shown that quercetin protects against cataracts, cardiovascular disease, and cancer.

In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds that have been linked to lowering blood pressure and cholesterol levels.

With only 30 calories per serving, onions are sodium, fat, and cholesterol free, and provide dietary fiber, vitamin C, vitamin B6, potassium, and other key nutrients.

How many calories are in a serving of onions?

You'll find lots of flavor but only 30 calories per 1/2 cup of chopped onions.

ONION TYPES

Onions can be divided into two categories: spring/summer fresh onions and fall/winter storage onions.

The thin, light-skinned spring/summer fresh onions (available March - August) are typically sweeter and milder than storage onions because they have a higher water content. Storage onions (available August - April) have multiple layers of thick, dark, papery skin and are known for their intense flavor.

Onions are available in three colors – yellow, red, and white.

ONION STORAGE AND COOKING TIPS

- Store your onions in a cool, dry ventilated place – not in the refrigerator.
- Do not store whole onions in plastic bags. Lack of air movement reduces storage life.
- Chopped or sliced onions can be stored in a sealed container in your refrigerator for up to 7 days.
- One medium onion equals about 1 cup chopped onion.
- High heat makes onions bitter. When sautéing onions, always use low or medium heat.

Are we missing your favorite onion recipe? For more information and recipes, just visit our Web site or better yet, give us a "ring."



NATIONAL ONION ASSOCIATION

822 7th Street / Suite 510 / Greeley, CO 80631
970-353-5895 / Fax 970-353-5897
www.onions-usa.org

How do you select the best onions?
Choose those with dry outer skins free of spots or blemishes.

FAVORITE ONION RECIPES





CLASSIC ONION SOUP

- 8 cups sliced yellow onions (about 2 1/2 lbs.)
- 6 tablespoons butter or margarine
- 4 teaspoons sugar
- 2 quarts reduced sodium chicken broth
- 1/2 cup brandy (optional)
- Salt and pepper to taste
- 1/2 baguette French bread, sliced, toasted
- Grated Romano cheese

Using large saucepan that holds at least 4 quarts, cook onions over medium heat, stirring often, in melted butter for 12 minutes or until tender and golden brown. Add sugar and cook, stirring, for 1 minute. Add broth, cover and bring to a boil. Simmer 12 minutes. If desired, add brandy and cook 2 minutes longer. Season with salt and pepper. To serve, float toast on bowl of soup and sprinkle with cheese. Makes 6 servings.

CREAMY ONION DIP

- 2 cups finely chopped onions
- 1 tablespoon olive or vegetable oil
- 1 teaspoon paprika
- 1 cup regular or light sour cream
- Salt and pepper, to taste

Sauté onions in oil over medium heat about 3 minutes or until barely tender. Stir in paprika. Add onions to sour cream in bowl. Add salt and pepper, to taste. Cover and chill. Makes 1 2/3 cups. To serve in onion bowl, cut off top third of large red onion. Trim small edge off root end to make flat support. Peel onion. Leaving outer two layers intact, scoop out onion center making a hollow to hold the dip.



Have you had

your onion

today?

On average,

Americans

consume almost

19 pounds

of onions

each year.



HERB BAKED ONION BLOOM

- 1 large onion (3 - 3 1/2 inches)
- 1 tablespoon butter or margarine
- 1 teaspoon dried thyme or oregano
- 1/2 teaspoon dried rosemary
- Salt and pepper, to taste
- Parsley or paprika, if desired

Cut about 1/2-inch off top of onion; peel onion. Cut onion into 12 to 16 vertical wedges, leaving root base intact. Set bloomed onion on 14 X 10-inch foil piece. Top onion with butter, thyme or oregano, rosemary and salt and pepper, to taste. Wrap foil around seasoned bloom and pinch edges together tightly. Place wrapped onion upright on pan and bake at 425 degrees for about 30 minutes or until onion is tender and cooked but "petals" still have body and stand upright. If desired, sprinkle with minced parsley or paprika. Baked wrapped onion may be held in warm location for up to 1 hour before serving. Makes 1 serving.

BLOOM SEASONING OPTIONS:

Beef Bloom: Top onion bloom with 1 cube beef bouillon (crushed), 1 tablespoon butter and 1/8 teaspoon pepper.

Caramelized Mustard Bloom: Combine 1 1/2 tablespoons of prepared mustard with 1 1/2 tablespoons of brown sugar, blending until smooth. Spoon over onion bloom. Sprinkle with 1/4 teaspoon pepper.



Want to spice

up your onion

bloom?

Just replace

the butter and

herbs with

2 tablespoons

of prepared

barbecue sauce

and a dash of

hot sauce.



BEST EVER ONION RINGS

- 3 large onions (about 9 to 11 oz. each), peeled and trimmed
- 1 cup flour
- 1 teaspoon paprika
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup non-alcoholic or regular beer
- Vegetable oil

Cut onions crosswise into 1/2-inch slices; pull apart into rings. (Refrigerate broken or end pieces for other uses.) Mix flour, paprika, salt and pepper in large bowl. Add beer, stirring with wire whip until foam is gone.

Baked version: Toss onion rings with batter and transfer to plate, letting excess drip off as you transfer. Heat 1 tablespoon oil in large nonstick skillet (11 or 12-inch) over medium-high heat. Place about half the onion rings in single layer in heated skillet and cook until browned, turning once, about 1 1/2 minutes on each side. Repeat with remaining onions. Transfer to ungreased shallow baking pans or cookie sheets, arranging in single layer. Bake at 425 degrees for 6 minutes or until crisp. Makes 6 servings.

Deep-fried version: Heat at least 2 inches oil in deep-fryer for 5 to 10 minutes or according to fryer directions. (If fryer has a temperature adjustment, set it at 375 degrees and heat until light goes out.) Drop batter-coated onion rings into oil (about 10 to 20 at a time). Fry 2 to 4 minutes or until crisp. Drain on paper towels before serving. Makes 6 servings.

Does chopping

onions make

you cry?

Chilling the

onions before

cutting can

reduce tearing.