

Simple Tips to Enjoy More Onions

Onions can be eaten raw, sautéed, roasted, marinated, or grilled. Add zest to any meal with these easy-to-use ideas:

Add raw onions to salads, sandwiches, burgers, tacos, homemade salsas, and relishes for unmatched flavor and crispness.

Marinate onions in balsamic vinegar for salads and dressings or as a sandwich topping.

Sauté or caramelize onions for a flavorful, yet quick and easy, side dish or topping for chicken, fish, and other meats. Serve alone or with a medley of other vegetables, rice, or pasta to make a vegetarian main dish.

Place onions on the grill to spice up the next barbecue. Just slice onions and brush with olive oil, then grill over medium coals until tender and slightly charred. Onions can also be used on kabobs or tossed with herbs and served over grilled meat.

Take a whole peeled onion, hollow it out, and fill with chili, rice, pasta, meat, or vegetables and bake for a delicious one-dish meal.

Use onions in a roasting bag with meat or other vegetables or in a favorite slow cooker recipe for a home-cooked meal with extra savory, mouthwatering flavor.



For more onion tips and recipes, visit the National Onion Association's at www.onions-usa.org.



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