



September 2024 | Issue #9 | National Onion Association

September 2024

- Quick, delicious recipes with onions and potatoes for busy families
- September is family meals month
- Tempting Tartlets
- Activities for little ones still at home
- Tailgating 101
- Download our Nature's Ninja play-book filled with onion nutrition information, preparation and cooking tips, and recipes



What Is Nature's Ninja?

It is the onion, a phenom of Mother Nature that deserves higher praise for its stealth, its endurance and its adaptability and sustainability. While its nutrients help you ward off diseases when you eat it, it's also a major action hero, slaying bacteria and bugs in the field just to get to the table. It provides amazing flavor to any meal, and it's useful in other ways such as dyeing fabrics, curing bee stings, cleaning grills or feeding sheep.

In Season

Storage onions will harvest this month and be available through May of next year. Storage onions are amazing in that they can last for months in cool storage.



- Available August-May
- Easy to recognize by their multiple layers of thick, darker colored skin
- Commonly lower in water content, they have a longer shelf-life
- Range in flavor from mild to pungent
- Best for savory dishes that require longer cooking times or more flavor





The Onionista

Got a message for the Onionista? Write to
onionista@onions-usa.org

Inside Onions

Message From The Onionista

Who is the Onionista?

Hi! I'm René Hardwick, Aka The Onionista. As The Director Of Public And Industry Relations For The National Onion Association, I Wanted A Fun Way To Connect With People On The Web. That Is How 'Onionista' Was Born. She Is A Fun And Informal Way For Me To Share My Passion For Onions, Food, And Agriculture With Consumers.

In this monthly newsletter, I hope to share with you not only great new recipes and recipe videos, but nutrition nuggets to help round out the menus you serve to your family.

The National Onion Association tells the story of the bulb onion, promoting the usage and visibility of the third most consumed fresh vegetable in the U.S. with active

media relations, recipe development, culinary education and more.

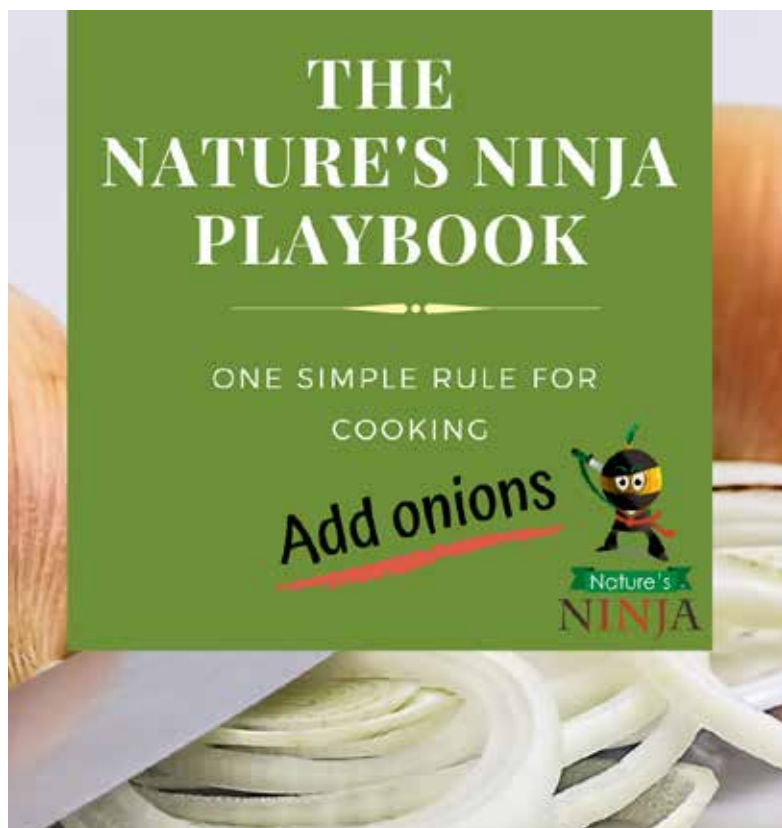
Members of NOA rely on the non-profit trade association for

up-to-date information, government representation, industry-wide networking, as well as consumer outreach. Visit www.onions-usa.org for more information.

Need onion info?

The National Onion Association has released its ebook, Nature's Ninja Playbook, a guide for selecting, cutting, and cooking onions, along with handy tips and tasty recipes to include onions in every meal of the day.

The NOA has renamed the onion "Nature's Ninja" for the many qualities it possesses to stay fresh and bacteria-free in the field so it can make it to the dinner table unscathed and ready to do its job — keep those who eat it healthy.



Blog

Quick and delicious recipes with onions and potatoes for busy families

Between work and kids and after-school activities, finding time to cook a wholesome meal can be challenging. For parents juggling work, social commitments, and personal time, quick and easy recipes are a must. Onions and potatoes are pantry staples that can be transformed into satisfying dishes without much effort. Here are three simple and tasty recipes with onions and potatoes that are perfect for dinner.

Classic Potato and Onion Soup

When you're craving something warm and comforting, nothing beats a bowl of classic potato and onion soup. This recipe is perfect for a cozy night in, and it's incredibly easy to make.

Ingredients:

- 4 large potatoes, peeled and diced
- 2 large onions, chopped
- 4 cups vegetable broth
- 1 cup milk (or plant-based alternative)
- 2 tablespoons butter (or olive oil)
- Salt and pepper to taste

Optional toppings: shredded cheese, croutons, or chives

Instructions:

In a large pot, melt the butter over medium heat. Add the chopped onions and sauté until they become translucent.

Add the diced potatoes to the pot and stir for a few minutes to coat them in the butter and onions.

Pour in the vegetable broth and bring the mixture to a boil. Reduce the heat and let it simmer for about 20 minutes, or until the potatoes are tender.

Use an immersion blender to blend the soup until smooth. Stir in the milk and season with salt and pepper.

Serve hot, garnished with your choice of toppings.

This potato and onion soup is creamy, comforting, and easy to customize. Whether you prefer a dairy-free version or love adding cheese on top, it's a recipe that's sure to become a weeknight favorite.

One-Pan Roasted Chicken with Potatoes and Onions

For those nights when you need a complete meal with minimal cleanup, this one-pan roasted chicken with potatoes and onions is a lifesaver. It's a simple yet satisfying dish that's ready in under an hour.

Ingredients:

- 4 chicken thighs or breasts
- 4 large potatoes, cut into wedges
- 2 large onions, sliced
- 3 tablespoons olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon garlic powder
- Salt and pepper to taste

Instructions:

Preheat your oven to 400°F (200°C).



In a large baking dish, arrange the chicken thighs, potato wedges, and sliced onions.

Drizzle the olive oil over everything, and sprinkle with rosemary, garlic powder, salt, and pepper. Toss to coat evenly.

Roast in the preheated oven for 35-40 minutes, or until the chicken is cooked through and the potatoes are golden brown. Serve the chicken, potatoes, and onions together on a plate, making sure to spoon some of the delicious pan juices over the top.

This one-pan meal is not only delicious but also perfect for those who want a hearty dinner with minimal effort. Plus, the combination of roasted potatoes and caramelized onions makes it a dish everyone will love. If you are feeling adventurous, try this [Easy Chicken, Onion and Potato Sheet Pan meal](#), or for something really spicy, try this Spicy Sheet Pan Roasted Jam-balaya. Serve over rice or linguine, and you're done!

Vegan Potato and Onion Hash

If you're looking for a plant-based option, this vegan potato and onion hash is a fantastic choice. It's a versatile dish that can be enjoyed on its own or as a side with other veggies or plant-based proteins.

Ingredients:

- 4 large potatoes, diced
- 2 large onions, chopped
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- Salt and pepper to taste

Optional toppings: avocado, salsa, or nutritional yeast

Instructions:

Heat the olive oil in a large skillet over medium heat. Add the chopped onions and sauté until they start to caramelize.

Add the diced potatoes to the skillet and stir to combine. Cook, stirring occasionally, until the potatoes are crispy and golden brown.

Sprinkle the smoked paprika, ground cumin, salt, and pepper over the hash. Stir to distribute the spices evenly. Serve the hash with your choice of toppings, like avocado or salsa, for an extra flavor boost.

This vegan potato and onion hash is a quick and easy dish that's packed with flavor. It's perfect for a weeknight dinner or even weekend brunch recipes with onions and potatoes. You may want to try this brunch hash: [Onion & Egg Hash](#). This recipe calls for sweet potatoes instead of regular white potatoes. With these simple recipes with onions and potatoes, dinner doesn't have to be complicated or time-consuming. Whether you're in the mood for a cozy soup, a hearty one-pan meal, or a flavorful vegan hash, these dishes offer something for everyone. Try them out and see how easy it is to create delicious, nutritious meals that fit perfectly into your busy lifestyle.



Family Meals Month

Making Family Mealtime Easy

Most parents have great intentions to put a healthy meal on the table each evening, but real life and busy schedules can often get in the way. Also, it is important to know that serving a gourmet meal is not necessary to reap the positive benefits a family meal provides. Gathering around the table to enjoy a simple meal can (and does) boost children's self-esteem, promote healthy eating skills, and help connect as a family. Try these easy and affordable meal ideas that use healthy, convenient items from your local supermarket and ask the whole family to get involved in the preparation.

- Cook frozen potato and cheese perogies; top with sautéed peppers and onions (find them pre-sliced in the produce department); serve with milk and fresh apple slices.
- Make a quick batch of chicken chili by sautéing 1 cup of diced onions in a large stock pot until tender. Add a 48-ounce jar of cooked great northern beans, 1 jar of salsa,

2-3 cups of shredded rotisserie chicken, 1 tablespoon cumin and 2 cups shredded Monterey Jack cheese. Heat and serve with blue corn tortilla chips.

- Create a taco bar with cooked lean ground beef or turkey, canned black beans, shredded 2% cheddar cheese, diced onions and tomatoes, avocado slices and salsa.

- Use whole grain naan bread or small prepared pizza crusts to make veggie pizzas. Add sliced bell peppers, red onion, olives, mushrooms and other favorite veggies to see who can make the most colorful creation.

- Mix canned tuna with finely diced onion and celery: add light mayonnaise and garlic powder to taste. Top toasted whole grain bread slices with tuna mixture and sprinkle with shredded mozzarella cheese. Broil in the oven until cheese melts. Serve with fresh pears and milk.

Onions add abundant flavor to a wide variety of food, yet are low in calories. With only 45 calories per serving, onions are naturally fat and cholesterol free. They are a source of dietary fiber, vitamin C, vitamin B6, potassium, and other key nutrients including folate, calcium and iron.



Consumption of onions may prevent gastric ulcers by inhibiting the growth of ulcer-forming micro-organism *Helicobacter pylori*. This is significant because good "gut health" is strongly associated with prevention of chronic diseases and healthy aging.

Onions contain a variety of other naturally occurring chemicals known as organosulfur compounds linked to lowering blood pressure and cholesterol levels. Among some of their best-known benefits, onions contain the flavonoid quercetin which acts as an anti-inflammatory

in the body, inhibits low-density lipoprotein oxidation (an important reaction in the atherosclerosis and coronary heart disease), protects and regenerates vitamin E (a powerful antioxidant), and provides protection from many forms of cancer.

BEST USES

for Yellow onions
Grilled, sautéed,
caramelized,
baked or roasted.



Video Recipe

Cheesy Onion Rings

We have been seeing varying versions of this dish on the internet and decided we had to try it ourselves.

As connoisseurs of all things onion, especially onion rings, we are always in search of a way to make onion rings more satisfying. This recipe is first and foremost,

easy. You don't need to measure anything, just cut your onion in rings, put them in a doughnut baking pan, and load up the cups with what you want. In this case, we chose cheddar cheese and bacon bits. But you can make this recipe your own, and add what you wish. Bake at 475 degrees for 10 minutes, then cool for 5-10.



**Click to
see video**

Onions are a low-carb addition to any snack you can make to tide you over after-school or if you need a pick-me-up in between study sessions. This simple recipe takes only 15 minutes and is incredibly satisfying. Just make sure you have a napkin!

Tempting Tarts for Fall



Tempting Tarts to FALL Into



This is the time of year where we are busy on the go and want small bites to munch on or we're heading to a fantastic get together and want some amazing appetizers to serve or bring along.

One of our favorite dishes for entertaining during the Fall is the very versatile Tarts. Especially, when they are loaded and full of flavor featuring onions.

What a delicious way to showcase onions in this [Upside Down Potato and Onion Tart from Good Dinner Mom](#). Perfect for entertaining or an amazing Fall side dish.

What a tasty dish Simply Recipes has put together in this [Caramelized Onion Tart with Gorgonzola and Brie](#).

Can you imagine your taste buds eating up this [Onion Black olive and Thyme Tart](#) from Kitchen to Nirvana?

Have you tried our [Cranberry Onion Tarts](#) yet? These are fun to bring to any party, or you can just keep them for yourself. They are that good. You know how much we love anything French Onion. Joy Filled Eats has brought a healthy and scrumptious combination together with their [French Onion Tartlets](#).



Ready for some fun kids activities?

There are bound to be times when the little ones need something to do so you can get everything else done!

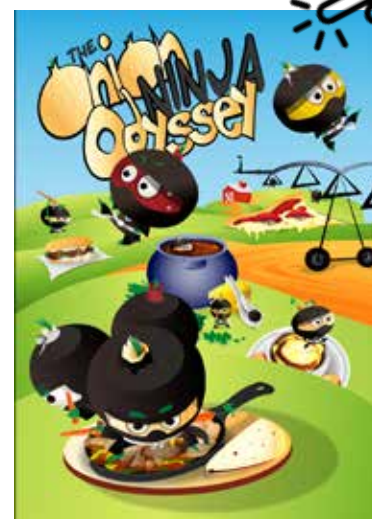
Nature's Ninja to the rescue. The NOA has created this one-of-a-kind, downloadable coloring book, filled with fun pictures and an educational story about farming and friendship.

The Onion Ninja Odyssey is a downloadable coloring book that teaches the nutrition basics of onions while taking readers through a fun journey of how The

Onion – Nature's Ninja has come to be. From the field to your plate, the onion has a wonderful journey that spans the agricultural ages, resulting in a powerful ninja, whose skills keep those who eat it safe, while providing solid nutrition and disease-fighting properties.

The NOA also has a downloadable activities book. But like all action heroes, our ninja has to grow and train to become Nature's Ninja.

[Click here to download activities for pre-schoolers.](#)



Busy Hands

Did you know writing by hand makes kids smarter?

The use of pen and paper gives the brain more 'hooks' to hang your memories on. Writing by hand creates much more activity in the sensorimotor parts of the brain. A lot of senses are activated by pressing the pen on paper, seeing the letters you write and hearing the sound you make while writing. These sense expe-

riences create contact between different parts of the brain and open the brain up for learning. We both learn better and remember better," says Van der Meer.

She believes children being should be challenged to draw and write at an early age. Today's digital reality is that typing, tapping and screen time are a big part of children's and adolescents' everyday lives.

Tailgating 101

Getting Started

Plan Ahead: Check the game day schedule, parking rules, and any specific tailgating guidelines from the stadium or venue.

Pack Essentials: Bring folding chairs, a sturdy table, cooler with ice packs, grilling tools, and trash bags. Don't forget your team gear for that extra spirit!

Setting Up

Arrive Early: Aim to arrive a few hours before kickoff to secure a good spot and enjoy the pre-game atmosphere.

Location Matters: Position your tailgate near the action but not too close to avoid noise restrictions. Look for spots with easy access to bathrooms and trash bins.

Food and Drinks

Grill Master: Fire up the grill for classic favorites like burgers, hot dogs, and grilled chicken. Don't forget vegetarian options like grilled veggies or veggie burgers.

Snack Attack: Prepare easy-to-eat snacks such as chips, salsa, pretzels, and dip. Finger foods like sandwiches and wraps are also convenient.

Thirst Quenchers: Stock your cooler with a variety of beverages – think water, soda, sports drinks, and maybe a few brews for the adults (check local regulations).

Entertainment

Games Galore: Bring along games like cornhole, frisbee, or a football for some friendly pre-game competition.

Music Playlist: Create a lively atmosphere with a tailgate-themed playlist featuring your favorite tunes and pump-up anthems.

Team Spirit

Decorate: Deck out your tailgate area with team banners, flags, and colors to show off your support.

Connect with Fans: Strike up conversations with neighboring tailgaters – it's a great way to

Tailgating recipes

[Grilled Onion Cheeseburgers](#)

[Baked White Bean Onion Dip](#)

[Caramelized Sweet Onion Hummus](#)

[Slow Cooker Chili](#)

[Asian Plum Onion Chutney](#)

[Slow Cooker 5-Onion Soup](#)

[Black Bean & Corn Salsa](#)



**National Tailgating
Day is Sept. 7**

share food, swap stories, and build camaraderie.

Clean-Up

Pack Smart: Dispose of trash responsibly and clean up your area before heading into the game. Leave no trace behind!

Enjoy the Game: Once you're packed up, lock your valuables in your car and head into the stadium to cheer on your team!