

ONIONS



Onions are in season from July through September.

Tips for selecting onions

An onion should be firm, hard, and heavy for its size. The outer skin may be slightly loose. Fresh onions also have a faint, sweet aroma. Do not choose onions that are shriveled, bruised, or decayed.

Storage

Onions can be stored in a cool, dry, well-ventilated area for four to five weeks. Do not store onions in plastic, near potatoes, or in the refrigerator. Cut onions can be kept in a sealed container in the refrigerator for two to three days. Throw away any sprouting onions.

Preparation

Slice off the top and bottom, then slice from top to bottom and peel off the outer layer. To avoid teary eyes, chill the onion in the freezer for ten minutes before slicing or peel it under cold water. Onions may be used raw in sandwiches or salads or cooked in soups and stews. Frying or sautéing will provide a milder flavor and a sweet flavor if fried to a golden brown.

Bake

Wrap in aluminum foil and bake for 45 to 60 minutes at 350°F.

Sauté

Slice three medium onions. Heat one tablespoon of oil over low heat. Add onions and stir constantly for 5 to 10 minutes.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

Recipes

Fried onions and apples

3 large yellow onions, sliced
2 tablespoons butter or margarine
6 large, tart red apples, sliced
½ cup brown sugar, packed
1 teaspoon salt
½ teaspoon paprika
⅛ teaspoon ground nutmeg

In a large saucepan over medium heat, sauté onions in butter until tender. Place apples on top of onions. Combine remaining ingredients; sprinkle over apples. Cover and simmer 10 minutes. Uncover and simmer 5 minutes longer or until apples are tender. Serve with a slotted spoon. Serves 12; 110 Cal; 2.5 g fat.

Oven-roasted potatoes and onions

6 large potatoes, quartered
1 tablespoon parsley, chopped
6 medium onions, quartered
1 tablespoon fresh basil, chopped
¼ cup vegetable oil
1 teaspoon fresh marjoram, chopped
1 teaspoon black pepper
Preheat oven to 375°F. Place potatoes and onions in a shallow roasting pan. Combine oil and herbs and pour over the vegetables. Toss and bake uncovered for 1 hour or until tender. Turn occasionally. Serves 8; 180 Cal; 7 g fat.



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