

# Onions

## Key Points

- For the best buy, choose onions without soft spots or sprouts.
- To prepare onions, remove the papery skin and first layer before using.
- To keep fresh, store onions away from potatoes in a cool, dry place for up to 2 weeks.
- Onions contain potassium, which is good for a healthy heart.



## Onion Casserole

### Ingredients:

- 1 tablespoon oil
- 3 onions, chopped
- 1 bell pepper, chopped
- 3 eggs
- 3/4 cup low fat milk
- 1 cup shredded low fat cheese, such as cheddar or Swiss
- Salt and pepper to taste

### Directions:

1. Preheat oven to 325°F.
2. Grease a medium baking dish.
3. In a medium frying pan, heat oil over medium heat.
4. Add onions and peppers. Cook for about 10 minutes or until soft. Stir often.
5. In a medium bowl, mix eggs and milk.
6. Place onion mixture in the baking dish. Top with shredded cheese.
7. Pour egg mixture into the baking dish, over the onion mixture and cheese.
8. Bake for 25 minutes or until firm. Serve warm and enjoy!
9. Refrigerate leftovers.

**Makes 6 servings.**

## Onion Rings

### Ingredients:

- 1 cup bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 3 tablespoons grated Parmesan cheese
- 1 egg
- 3 onions, sliced and separated into rings

### Directions:

1. Preheat oven to 400°F. Spray a large baking sheet with non stick cooking spray.
2. In a medium bowl, combine bread crumbs, garlic powder, oregano and Parmesan cheese.
3. In a separate bowl, mix egg with 1 tablespoon cold water.
4. Dip onion rings into egg mixture and then into bread crumb mixture.
5. Place onion rings on baking sheet. Bake for 15 minutes or until golden brown. Serve immediately and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Add sliced onions to salads and sandwiches.
- Chop onions and add to a soup, stew or stir fry.
- Pierce onions with a fork and roast in the oven at 450°F for 5-6 minutes. Top with salt and pepper.
- Remember to rinse all fruits and vegetables before using.