



# Onions



## Why eat onions:

- Rich in manganese which is anti-inflammatory and provides cold and flu relief
- Very good source of Vitamin C and iron

## How to store:

- Store onions in a mesh bag.
- Keep them cool (35-40 degrees F), dry, and away from light (can last about 10-12 months in this condition).

## When to throw out:

- Soft spots will quickly develop mold, so cut out the soft spot and surrounding area and use the onion quickly

## Sweet Onion Chicken Casserole

Makes 2 servings

### Ingredients:

- 2 boneless chicken breast
- 1 teaspoon thyme
- Salt and pepper
- 2 tablespoons vegetable oil
- 1 medium sweet onion, peeled, cut in half, and sliced
- 2 large potatoes, peeled and sliced
- 1 can cream of mushroom soup

### Directions:

1. Preheat oven to 350 degrees F.
2. Heat oil in a skillet over medium heat . Season chicken with thyme, salt, and pepper. Cook on each side until browned. About 4 minutes per side.
3. Grease an 8x8 casserole dish. Layer sliced potatoes on the bottom and the chopped onion on top. Pour soup over all.
4. Place chicken breast on top and sprinkle with paprika.
5. Cover tightly with tin foil and bake in oven for 1 hour.

## Quick Tips:

- Peel off onion skin and wash thoroughly.
- Cut the onion into smaller pieces to cook faster.
- Cook in skillet over low-medium heat with a teaspoon of oil. Stir and cook until light brown and caramelized. Add to any dish or sandwich for flavor.
- Great in anything from soups, salads and topped over entrees.

Nutrition Facts		
Serving Size 1 cup, chopped 160g (160 g)		
Amount Per Serving		
Calories 64	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 6mg		0%
Total Carbohydrate 15g		5%
Dietary Fiber 3g		11%
Sugars 7g		
Protein 2g		
Vitamin A	0%	Vitamin C 20%
Calcium	4%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

© www.NutritionData.com

# Marinated Cucumber, Onion & Tomato Salad

Makes 6 serving • Prep Time: 15 minutes

## Ingredients:

- 1 cup water
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 1 tsp salt
- 1 tbsp. black pepper
- 3 tomatoes, wedged
- 1 onion, sliced and in rings
- 3 cucumbers peeled and sliced

## Directions:

1. Whisk water, vinegar, oil, sugar, salt, and pepper together in a larger bowl until smooth.
2. Add tomatoes, cucumbers, and onion. Stir to coat.
3. Cover bowl with plastic wrap and refrigerate at least 2 hours.

---

# Caramelized Onion and Sweet Potato Skillet

Makes 4 servings • Prep Time: 10 minutes

## Ingredients:

- 1 teaspoon canola oil
- 1/4 large sweet onion, sliced
- 3 medium sweet potatoes, sliced
- 2 tablespoon brown sugar
- 1/2 teaspoon jerk seasoning
- 1 teaspoon dry parsley

## Directions:

1. Heat oil in a 10 inch skillet over medium heat. Cook sweet potatoes and onion in oil about 5 minutes, stirring occasionally.
2. Reduce heat to low. Cover and cook 10 to 12 minutes, stirring occasionally until potatoes are tender.
3. Stir in brown sugar and jerk seasoning. Cook uncovered about 3 minutes, stirring occasionally until glazed. Sprinkle with parsley.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

---

## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

### Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

