Why Should I Eat Onions?

- High in Vitamin C—keeps teeth and bones healthy.
- Lots of Fiber—may help lower cholesterol.
- Are low in fat and sodium, but give lots of flavor to any dish.
- Sulfur compounds may help fight cancers.

How Do I Know I Have Good Ones?

- Can be either reddish purple, yellow, or white.
- Should be firm and dry, with no scent or soft spots.
- Do not use onions that have cuts, bruises, or other marks on them.
- Do not use onions with black powder on them.

How Should I Handle Them At Home?

- Whole onions should be kept in a cool, dry, dark place that is open to air.
- Do not store whole onions in plastic, it will make them spoil quicker.
- Peeled onions should be put in the refrigerator, but still kept dry.
- Cut onions can be stored in a sealed container or bag. Should last for a week.
- To freeze; wash and chop onions, and place them on a cookie sheet. Put in the freezer until frozen. Remove and place in freezer containers or bags, seal them, and place them back into the freezer until needed. Frozen onions should be used for cooking only.

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Onion Rings
Serves 6-7 onion rings to 6 people

- 2 medium yellow onions
- 1/2 cup of all purpose flour
- 2 tsp baking powder
- 3 large eggs
- 1 1/2 cups of breadcrumbs
- 1 Tbsp seasoning (your choice)
- Olive oil or cooking spray

*To make bread crumbs cut crusts off 5 slices, spread on a baking sheet, bake at 250°F for about 10-15 minutes. Put the slices in a blender and pulse until fine.

1. Preheat to 450°F. Coat 2 large rimmed baking sheets with cooking spray.
2. Cut off both ends of each onion and peel. Slice into slices; separate into rings. (Discard the smallest rings or reserve for another use.) Place the rings in a medium bowl; cover with cold water.
3. Combine flour and baking powder in a shallow dish. Lightly beat eggs in another shallow dish. Combine breadcrumbs and seasoning in a third shallow dish.
4. Working with one ring at a time, remove onions from water, letting any excess drip off. Coat in flour, shaking off any excess. Dip in egg and let any excess drip off. Then coat in the breadcrumb mixture, shaking off any excess. Place on the prepared baking sheets.
5. Generously coat the onion rings with cooking spray.
6. Bake for 10 minutes. Turn each onion ring over and return to the oven, switching the positions of the baking sheets. Continue baking until brown and very crispy (8-10 minutes).

Onion Casserole
Serves 5 people

- 4 large sliced onions
- 2 cups grated reduced-fat cheddar cheese
- 2 cans low fat cream of chicken soup
- 1 1/2 cups of low fat milk

1. Layer the onions and grated cheese until it reaches the top of the casserole dish.
2. Combine cream of chicken soup with milk and pour over layers.
3. Bake at 350 degrees F. for 1 hour.

Simple Peas and Onions
Serves 4 people

- 1 lb frozen peas
- 1/2 onion-chopped finely
- 3 Tbsp of butter
- 1/2 cup of water (or chicken broth for more flavor)
- Black pepper and salt to taste

1. Heat 2 Tbsp butter in a pan over medium heat.
2. Add onions once butter has melted. Stir them until the onions begin to brown.
3. Add peas and water (or chicken broth) and bring to a boil.
4. Add the salt and pepper (no salt if using broth). Stir often.
5. Cook until liquid is half gone, and then turn off the heat.
6. Add the remaining butter and pepper, stir, and serve.

Source: simplyrecipes.com