

ONION

Types

Color: yellow, white, red.

Pungency: pungent, sweet.

Shape: round, flat, torpedo.

Green Onion (Scallions): These onions are prized for their green leaves and the “bulb” part, which is very narrow and white. Green onions are sold in bunches and are almost always used raw, sliced in narrow rounds. They can be added to stir fry recipes or any cooked dish with a short cooking time.

Spring Onion: These onions are similar to green onions and are also usually sold in bunches. A spring onion has a larger bulb and is sometimes the young version of a bulbing onion that still has its green, narrow leaves attached. Spring onions can be cooked or eaten raw.

Bulb Onions: Are about the size of a baseball. They can be yellow, white, or red; “sweet” or “storage” type; and can be eaten raw or cooked. Storage onions tend to taste stronger and can make your eyes water when you cut them. Sweet onions are available in late summer and early fall and are the best bulb onions for raw eating.

Selection Info

Select firm dry onions that have little to no scent. Avoid bulbs with blemishes, cuts, or bruises.

Preparation

To Dice: Cut the onion in half from root end to tip. Peel and remove the papery skin from each half, keeping the root end intact. Lay the onions down on a cutting board. Cut off the stem end with a sharp knife. Then, make parallel cuts from stem to root, always keeping the root intact. Then, cut the onion across in parallel lines to create the dice.

To Slice: Lay the onion flat side down on the cooking board. Cut the onion in half from root end to tip. Peel and remove paper skin from each

half. Cut off both the stem end and root end. Make parallel cuts across the onion in the same direction as when you cut off the root and stem.

Raw: Slice or dice onions for green salads, chopped salads (like chicken salad), and sandwiches, or use as a topping for various dishes (including tacos).

Sauté: Cut onions as called for in a recipe, and then cook the onion in a pan that is coated with 1-2 tablespoons of oil or butter until tender. Any type of onion can be cooked with this method.

Caramelize: Sauté onion slivers over medium-low heat in 1-2 tablespoons of oil or butter until the onions are extremely soft and brown, about 45 minutes to 1 hour. Caramelized onions are sweet and are a great addition to sandwiches, egg dishes, casseroles, and vegetable dishes.

Grill: Make thick slices of onions using the entire cross section. Brush the slices with olive oil, and salt or seasoning to taste. Brush grill grates with oil to prevent sticking. Grill onion on grate, and cover them with aluminum foil or lid on medium for about 15 minutes, or until tender. Grilled onions are great for burgers or bratwursts or added to a grilled vegetable dish.

Storage

Short-Term Storage:

Sweet Bulb Onions: Store loose in the refrigerator for a few weeks.

Storage Bulb Onions: Store on the counter top up to 4 weeks. Onions show their age by sprouting. When this happens, you can still use the firm, white parts of the flesh, but the onion will deteriorate quickly after sprouting.

Green Onions (Scallions) and Spring Onions:

Place in a plastic bag with a damp paper towel, and store in the refrigerator for about a week. Do not use leaves that have shriveled or turned yellow.

Long-Term Storage: Onions store very well in a cool, dry place in your home. They also can be dried, pickled, or used in canned salsas and chutneys.



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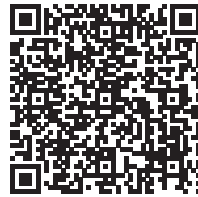
EASY ROASTED VEGGIES

Ingredients


- 5 cups assorted vegetables cut into chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

Directions

1. Heat oven to 425°F.
2. Line a 9 x 13 inch baking pan with aluminum foil.
3. Spread vegetables in pan, sprinkle oil over the vegetables, and stir.
4. Sprinkle with Italian seasoning, pepper, and salt, and then stir again until vegetables are evenly coated.
5. Bake uncovered for 45 minutes. Turn vegetables every 15 minutes.
6. Serve while hot.



Learn more about **ONION** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=onion>.

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Nutrition Information

Serving Size 1 cup

Nutrients	Amount	% Daily Value
Total Calories	90	
Protein	2g	
Carbohydrates	16g	5%
Dietary Fiber	3g	12%
Total Sugars	4g	
Total Fat	3g	5%
Saturated Fat	0g	
Cholesterol	0mg	

Minerals

Calcium	34mg	3%
Sodium	95mg	4%
Iron	0.7	4%