

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 bulb 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: 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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SPRING VEGETABLE SAUTÉ

Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 small potatoes (quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup snap peas or snap beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill

Directions

1. Heat the oil in a large skillet over medium heat.
2. Add the onion and cook 2 minutes. Then add the garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until vegetables are almost tender (about 4 minutes). If the vegetables start to brown, add a tablespoon or two of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender (about 4 more minutes).
5. Serve immediately.



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



Share your recipes!

Nutrition Information	
Serving Size	¼ recipe
Nutrients	Amount
Total Calories	70
Protein	2g
Carbohydrates	13g
Dietary Fiber	2g
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	170mg

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