

HOW TO USE ONIONS

How to Store

Store whole, unpeeled onions in a cool, dry, dark place. Storing in a breathable bag (such as burlap or plastic mesh) helps maintain air movement and improves storage life. After peeling and cutting, onions can be stored in a covered container or food storage bag in the refrigerator for up to 7 days. Green onions should always be stored at refrigeration temperatures.

If you will not use the cut onions within a week, freeze them. If preferred, you can blanch onions before freezing. Use frozen onions in cooked dishes, not raw.

How to Clean

Peel off the skin and outermost layer of the onion. Rinse under running water. Green onions should be cleaned well under cool, running water.

Five Tips for How to Use

- Grilled cheese – Add caramelized onions to grilled cheese.
- Soup – Add onions to just about any soup. Look for gazpacho recipes, a cold soup with blended onion, tomato, and other raw vegetables.
- Roasted onions and potatoes – Chop onions and potatoes and drizzle with olive oil, salt, pepper, sliced garlic, and chili flakes. After roasting, top with cheese or chopped fresh herbs.
- Salsa – Add black beans and corn to a chunky tomato and onion salsa for a filling meal.
- Stuffed onions – Cook onions in the oven or a slow cooker until tender. Remove the inside layers to use as part of the stuffing or in another recipe. Leave 2-3 outside layers as a shell. Stuff the onions with ingredients like breadcrumbs, sausage, cheese, and herbs.



Turn over for
recipe



Onion Tomato Cucumber Garden Salad

Serves: 4

Ingredients:

- 1 medium red onion
- 4-6 large tomatoes
- 1 cucumber
- 1 tablespoon minced fresh herbs (optional)
- 3-4 tablespoons vinaigrette, to taste
- Salt and pepper, to taste

Instructions:

1. Slice the onion and cucumber into thin half circles. Slice tomatoes into wedges or chunks.
2. Mix all ingredient in a bowl. Cover and let the salad sit for 30 minutes to allow the flavors to combine before serving.

Tips:

- Soak the sliced onion in ice water for 10 minutes to reduce the bite.
- Instead of the vinaigrette, try a 1:1 mix of olive oil and your favorite vinegar.