



HEALTHY to a "T"

January 2019

Harvest of the Month

Onions



FUN FACTS:

Onions can make you cry! When you cut an onion, it releases tear-inducing sulfur molecules.

Raw onions can add a 'bite' to your food; cooked onions can add a bit of sweetness.

The largest recorded onion weighed over 10 pounds! Onions are 97% water. Can you believe that over 450 semi-truck loads of onions are eaten every single day!

Have 'onion breath'? Eat some parsley.

This institution is an equal opportunity provider.

Reference: Food & Nutrition Magazine, July/August 2018

Onion Hacks

White, yellow, green or red - no matter the color, onions provide depth into any cuisine. Most noted for their bite when eaten raw and their smooth, velvety texture when cooked, onions pack nutrients including vitamin C.

Stop the crying...Chill before cutting, light a candle, cut under a vent – all may help keep your eyes from watering. However, the best way to avoid tears is to wear goggles. No need to be fancy, just need something to stop the airborne tear-inducing sulfur molecules from penetrating your eye membranes.

Make them mellow...Raw onion can be too pungent; place peeled and thinly-sliced onions in an ice water bath for 15 minutes. The cold water helps dissolve sulfur compounds on cut surfaces. Drain, pat dry and enjoy the raw onion in salads or sandwiches.

Cut down cutting time...Instead of mincing or dicing, grate onions when making foods such as tomato sauce, chili or casseroles. It is faster than knife chopping. You'll avoid big chunks of onions, and grated onion melts into the dish, fooling even onion haters.

Fuss-free caramelizing...Caramelizing onions in a slow cooker may not be a shortcut, however, it eliminates the frequent stirring and watchful eye required with the pan-sautéing method. Place 1 pound sliced onion in a greased slow cooker with 2 tablespoons butter and ¼ teaspoon salt. Cook on low for 6 to 8 hours or on high for 4 hours.

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HARVEST OF THE MONTH RECIPE—JANUARY

Cider Spiced Onion

Yield: 5 servings

2 lbs white peeled onions
3 Tbs apple jelly
2 Tbs Dijon mustard
1 Tbs grated ginger root
1 Tbs apple cider vinegar
1 Tbs cornstarch
1 cup apple juice

1. Place onions in a 2 quart microwave-safe baking dish.
2. Add 1" of water; cover dish with a lid or film wrap and cook at high power until onions are "fork-tender."
3. While onions are cooking, in a saucepan, combine the apple jelly, mustard, ginger root, apple cider vinegar and cornstarch. Stir with a wire whisk until blended.
4. Stir in apple juice and cook. Stir over medium heat until sauce is thickened and comes to boil.
5. Drain onions and serve with sauce. Enjoy!

NUTRITION SNAPSHOT ~ 1 serving

138 calories, .5g total fat, 0g sat. fat, 76mg sodium, 33g carbohydrate, 4g fiber 0mg cholesterol, 1.5g protein, 12g sugar

