



COOKING WITH

ONIONS

ABOUT ONIONS

- In the middle ages, onions were not just used as food, but as medicine to relieve headaches, snake bites and to cure hair loss.
- Onions can reduce the risk of tumors developing in the colon.
- Fresh onion juice can be used to soothe an insect bite or burn.

EXTENDING THE SHELF LIFE OF ONIONS

- Frozen onions can last 6-8 months. The best way to store onions whole is at room temperature in a dark and dry place with plenty of air circulation. Once you remove the skin of the onion, the onion then needs to be placed in an air tight container and stored in the fridge.

CARMELIZED ONIONS, Makes 2 Servings

SOURCE: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/light-and-creamy-onion-dip

INGREDIENTS

- 1 large vidalia or sweet onion, peeled and cut into large wedges
- 2 tablespoons softened butter
- 1 teaspoon beef bouillon granules
- garlic salt and pepper to taste (optional)

INSTRUCTIONS

1. Preheat an outdoor grill for medium heat.
2. Place the onion wedges on a sheet of heavy duty aluminum foil. Dot with butter, then sprinkle with bouillon, garlic salt, and pepper to taste. Fold the aluminum foil into a packet, leaving only a small hole at the top to allow steam to escape.
3. Place packet on preheated grill, and cook until the onions have softened, and cooked to a deep, rich brown, 45 minutes to 1 hour depending on the temperature of the grill. Stir the onions after the first 30 minutes, or as needed to keep from burning.

Nutrition Facts

Amount Per Serving

Calories 169 Serving Size: ½ Recipe

% Daily Value*

Total Fat 11.8g	18%
Saturated Fat 7.4g	37%
Cholesterol 31mg	10%
Sodium 474mg	19%
Potassium 244mg	7%
Total Carbohydrates 15.3g	5%
Dietary Fiber 2.7g	11%
Sugars 7g	
Protein 2.1g	4%
Vitamin A	7%
Vitamin C	20%
Calcium	5%
Iron	4%
Thiamin	<1%
Niacin	5%
Vitamin B6	13%
Magnesium	6%
Folate	17%

*Based on a 2,000 calorie diet



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