



Local

PICK OF THE MONTH

February 2015

Outstanding onions

Recipe

Greek onion dip

Ingredients

- 1/2 cup finely diced onion
- 1 tsp pepper
- 2 tsp canola oil
- 3/4 cup 2-percent Greek yogurt
- 1 tsp garlic powder
- 1 tsp sodium free beef bouillon
- 1/2 tsp salt
- 1/2 cup freshly cut vegetables

Directions

Heat canola oil in a medium size sauté pan. Add onions and black pepper to pan and sauté for about five minutes until soft and translucent.

Mix cooked onion and remaining ingredients in a small bowl and chill. Serve with your favorite freshly cut vegetables

Yields eight servings, two tablespoons each

Nutrition information per serving:

60 calories, 8g carbohydrates, 3g protein, 2g fiber

Recipe created by Athena Nofziger, RDN, LD, CHC

What's so great about onions?

- They add good flavor to food
- They're fat-free and cholesterol-free
- They're high in vitamin C



What's the best way to eat onions?

- Sauté or caramelize them
- Add them to casseroles
- Add them to soups
- Make homemade salsa with them

Selection and preparation

<p>Selection</p> <p>Select onions that are firm and dry. Avoid green or dark spots.</p>	<p>Storage</p> <p>Store in a cool, dark place for up to two months. Use sliced onion within four days.</p>
<p>Preparation</p> <p>Chill onion prior to cutting to avoid eye irritation. Peel onion prior to chopping or slicing.</p>	<p>Cooking</p> <p>To saute onions, add oil to a heated pan over medium heat. Add onions and saute for about five minutes until soft and translucent, stirring regularly.</p>



Building healthier communities together



Check your local grocery store or fruit stand for fresh onions today!