



LAYERS OF FLAVOR

onion

The onion provides layers of flavor, color and texture to a wide variety of dishes and cuisines. Onions are free of fat and cholesterol, are high in vitamin C and are a good source of dietary fiber.

DID YOU KNOW?



- The root end of the onion has the highest concentration of sulphuric compounds, which are responsible for making your eyes tear up when cutting an onion.
- The smaller the onion is, the stronger the flavor.
- Onions are the third most-consumed fresh vegetable in the United States. The U.S. per capita consumption of onions is about 20 pounds per year!

WELLNESS TIP

When you set a goal to be more active, decide when and how you are going to meet that goal. Schedule regular physical activity into your day so that it is part of your routine and not an add-on that you hope to get to.

SHOPPING, PREPARING AND STORING



- Select onions that are firm and well-shaped with a small neck and dry skin.
- To reduce tearing when cutting onions, first chill the onions for 30 minutes. Then, cut off the top and peel the outer layers leaving the root end intact.
- Onions can be stored in a cool, dry, dark place for use within four weeks.

COOKING TIPS



- Onions can be used raw in many ways, but are often sautéed, caramelized, grilled or roasted and incorporated into recipes.
- High heat makes onions bitter. When sautéing onions, always use low or medium heat.

SOUTHERN HARVEST SUCCOTASH

serves 5

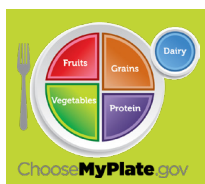


- 1 1/2 cups snap beans, trimmed and cut into 1-inch pieces
- 1 1/2 tablespoons olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 small yellow squash, diced
- 3 cups fresh sweet corn kernels
- 2 large, ripe tomatoes, chopped
- 1 tablespoon lemon juice
- Hot sauce, salt and pepper, to taste

1. Blanch the snap beans until they are tender and crisp. Rinse immediately under cold water and set aside.
2. Heat oil over medium-high heat in a large saucepan; add the onion and garlic and sauté until tender. Add remaining ingredients except snap beans and stir together well.
3. Cover and simmer gently for about 8 minutes or until corn and squash are done.
4. Add the snap beans and simmer for another 2 minutes.
5. Taste and adjust seasoning with hot sauce, salt and pepper. Serve warm, or chill and serve cold.

Recipe adapted from Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 166; Total Fat: 5 g; Saturated Fat: 1 g;
Total Carbohydrates: 29 g; Protein: 5 g; Sodium: 53 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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