

Onions

Onions add color, texture and flavor to sandwiches, soups, salads, and much more!

- To chop or mince: cut off the stem and root, and peel and discard outer layer. Cut in half from root to stem, and place cut-side down. Make evenly-spaced root-to-stem cuts, then make crosswise cuts.
- Sauté in vegetable oil (or broth for lower fat option!) over medium-low heat. Add to pasta, casserole, or vegetable dishes.
- Store chopped onions in the fridge in a sealed container for up to one week, or in the freezer for extended storage. Store whole unpeeled onions on the counter.



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