

# ONION

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Choose firm, dry onions with thin, crackly skin and a shiny appearance.
- Types of onions:
  - *Shallots*: Milder and more subtle
  - *White onion*: Crunchy, sharp taste
  - *Red onion*: Mild, best raw in salads or on burgers and sandwiches
  - *Yellow onion*: Often used for cooking, caramelizes well
  - *Sweet onion*: Best for frying
- 1 cup of raw onions contains:
  - 20% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
  - 11% of your recommended daily value of fiber to support gut health.



## PREPARE

Trim either ends using a sharp knife. Then peel outer 2-3 layers of skin. You can slice or cut them into fine cubes depending upon the recipe type. If eyes tear up when cutting try chilling the onion in the fridge and then delay cutting into the root end of the onion until the rest has been sliced or chopped.

Try onions:

- *Sautéed*
- *Raw* in salads
- *Baked*

## STORE

- Onions can last for several weeks (if not months) if you store them in a cool, dry, dark and well-ventilated place.
- Place cut onion in a container or wrap with plastic wrap. Refrigerate for up to 4 days.