

Shopper's Guide

Selection

Onions are available year-round. Buy them fresh, dried or frozen.

Look for

Hard, firm onions. Onions should be dry and have small necks. The skin around the onions should be shiny and crackly in feel.



Avoid

Onions with wet or very soft necks. Also avoid onions with thick, hollow, woody centers in the neck or with fresh sprouts.

Storage

Store dried onions in a cool, dry place. Dry onions will last for 3 to 4 weeks. Store fresh onions in the refrigerator. Fresh onions will last for about a week.

Recipe Collection

Picco de Gallo

Serves 6

Ingredients:

- 1 pound chopped ripe tomatoes
- 1 1/2 cups chopped onion
- 1/3 cup chopped, fresh cilantro
- 3 seeded and chopped jalapeno peppers
- 2 Tablespoons lime juice
- 2 minced garlic cloves
- 1/4 teaspoon salt

Instructions:

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Nutrient Data

Serving Size for 1/2cup: Calories 35, Total Fat 0g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 105mg, Carbohydrate 8g, Dietary Fiber 2g, Protein 1g, Vitamin A 15%, Vitamin C 30%, Calcium 2%, Iron 2%

Onions



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What's So Great about Onions?

Nutrient-Rich

Onions are a source of vitamin C and dietary fiber. As a vegetable, onions are low in fat and calories.

Onions are rich sources of a number of phytonutrients. These phytonutrients have been found to act as antioxidants to lower blood pressure and prevent some kinds of cancer.

Flavorful & Colorful

Onions can be red, yellow, green, or white. The taste of onions does not depend on the color. Onions can be sweet or savory.

Easy to Use

Onions can be sliced, chopped, diced, or grated. They mix well with almost any type of food. Raw onions are great in salads and on sandwiches and hamburgers. Cooked onions are used to season everything from soups, stews, meats, beans, potato and other vegetable dishes.



Nutrition Information for 1 cup Onions

Nutrition Facts	
Serving Size 1 cup, chopped 160g (160g)	
Servings Per Container 1	
Amount Per Serving	
Calories 67	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 17%
Calcium 4%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in purple.

What about Garlic?

Many people don't know that garlic belongs to the onion family. Garlic can be found in white, pink or purple varieties. When used raw, garlic is slightly bitter. But when sautéed or baked, it becomes mild and sweet. Garlic powder can be substituted for fresh. 1/8 teaspoon of garlic powder is equal to one medium fresh clove of common garlic.

Studies have shown that garlic has health benefits. Garlic may protect against:

- stomach and colon cancer
- build-up of artery clogging plaque,
- formation of blood clots,
- high blood pressure,
- infection,
- nasal congestion.

