

Onion Cebolla



Try It!



Selection

When choosing onions, be sure to choose onions that are clean and well shaped and have no opening at the neck.

The onions should have crisp and dry outer skins. Avoid onions that appear to be sprouting or have signs of mold.

Uses

Onions are a very versatile produce that can be used in many dishes. Onions can be cooked with meat, added to salads and casseroles. They can be used in breads and added to soups. There are also many varieties of onions as well.

GREEN BEANS WITH MUSHROOMS AND ONIONS

Ingredients

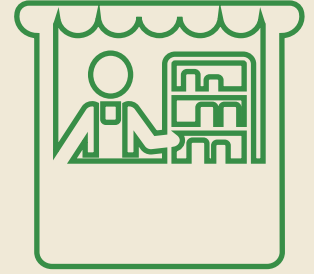
- 8 ounces green beans, trimmed
- 2 teaspoons olive oil
- 4 ounces button mushrooms, sliced
- 1/2 cup thinly sliced onion
- 1 medium garlic clove, minced
- 1/8 teaspoon salt
- 2 teaspoons fresh lemon juice
- Pinch of pepper

Instructions

1. Fill a medium saucepan three-fourths full with water. Bring to a boil, covered, over high heat.
2. Cook the beans, uncovered, for 5 minutes, or until tender-crisp. Drain well in a colander.
3. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.
4. Cook the mushrooms, onion, garlic, and salt for 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently.
5. Stir in the lemon juice, pepper, and cooked beans.
6. After you drain the water, you can eat the fruit or blend it into a smoothie.

History & Fun Facts

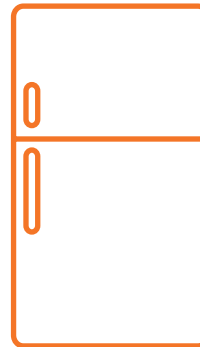
Onions are native to Asia and the Middle East and have been cultivated for over 5,000 years. Onions were highly regarded by the Egyptians. Not only did they use them as currency to pay the workers who built the pyramids, but they also placed them in the tombs of kings, such as Tutankhamen, so that they could carry these gifts bestowed with spiritual significance with them to the afterlife.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Onions should be stored in a well ventilated place at room temperature. Do not refrigerate onions.
- Store onions away from potatoes.
- Sweeter tasting onions will not keep as long as pungent tasting onions.

NUTRITION FACTS

- _____ Fat free
- _____ Sodium free
- _____ Good source of fiber
- _____ Good source of Vitamin C
- _____ Good source of iron
- _____ Cholesterol free



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <https://recipes.heart.org/>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.