

# WHAT'S FRESH

# Sweet Onions

Onions are a foundation for flavor in most cuisines. They are high in Vitamin C and a good source of fiber.

## How to cut onions:

Onions are commonly cut in slices, diced or rough chopped. Always place the flat side down for stability, and remember, the thinner the slice, the smaller the dice!



### 1. Round Slices

Slice off the top of the onion. Make a shallow cut in the skin from the cut end, to give an open corner to pull the skin off. Place flat side down, cut into 1 in. slices.



### 3. Half Slices

Slice off top and cut in half through the root end using your free hand as a "bridge" to hold the onion in place.



### 5. Medium Dice

Follow steps 3-4 to cut 1 inch slices, do not slice root off yet. Rotate the sliced onion and cut into 1 inch pieces, towards the root. Toss the root.



### 2. Rough Chop

Cut in half through the root end and remove the skin. Cut each half in half and remove the root end.



### 4. Half Slices [continued]

Remove the skin. Place cut side down. Use the tip of your knife to cut thin slices from root to top, keeping the root end attached. Slice off the root.



### 6. Small Dice

Follow steps 2-3 to cut 1/4 inch slices, keep the root end. Rotate the sliced onion and cut into 1/4 inch pieces towards the root. Toss the root.

## Quick Tips:

- Store whole uncut onions in a drawer or cupboard. Store away from light, potatoes and not inside a bag.
- Use whole onions within 2 weeks.
- Peeled and cut onions should be sealed and stored in a refrigerator.
- Don't shed a tear! Chill onions for 30 minutes in the refrigerator to reduce crying while cutting.
- Save time on food prep on busy weekdays by cutting and freezing onions when you have a few minutes to spare.

## Ways to eat sweet onions:

**Add raw chopped or sliced onions** to egg dishes, salads, stir-fry, sandwiches or burgers or to brown rice during cooking for extra flavor.

**Build flavor** for soups, stews, or pasta sauces by adding and sautéing chopped onions first. Heat oil in a pan over Medium High heat and add onions when hot. Sauté until clear, stirring regularly. Add chopped carrots and celery and cook with onions to build even more flavor.

**Grill:** Brush or toss thick slices with a small amount of oil and add to a medium hot grill. Cover with a foil pan and cook for 15-20 minutes, or until tender and browned. Use tongs to flip halfway through cooking.

**\*Roast Whole Onions:** On a foil lined baking sheet or a heated cast iron pan, drizzle with oil and salt and pepper. Bake at 400°F for 1 hour. \*\*Serve as a side dish or use in place of raw onions. Try different seasonings like balsamic vinegar and thyme or a sprinkle of garlic salt.

\*Cut off roots, top, and remove skin. Lay on flat side.

\*\*Layers will fall apart.



## Slow Cooker French Onion Soup

SERVES  
6

### Directions:

1. Spray slow cooker with non-stick cooking spray.
2. Slice onions to the size of your choice; recommended cut is half slices.
3. Add the onions, balsamic vinegar, oil, salt and pepper to the slow cooker and mix well.
4. Cook on low setting for 10 hours [great to cook overnight].
5. Preheat oven or toaster oven to 350°F.
6. Add beef broth and turn slow cooker on high for 30 minutes.
7. If you have old crusty bread, top with a slice of cheese and toast in the oven at 350°F until the cheese is melted and the sides of the bread are lightly browned, about 5 minutes.
8. Serve 1 cup of soup in a bowl and top with cheese toast.

**Optional:** If you have oven safe serving bowls [usually ceramic], add 1 cup of soup to the bowls, add the crusty bread and cheese slice on top and transfer to the oven on a baking sheet to cook for about 20 minutes, or until the cheese is melty and the soup is bubbly.

## Ingredients

**Onions** - 3 pounds, sliced  
[5-6 onions]

**Oil** - 2 tablespoons  
[olive, vegetable, canola]

**Balsamic Vinegar** - 2 tablespoons  
[or red wine or cooking sherry]

**Non-Stick Cooking Spray**

**Beef Broth\*** - 8 cups

**Salt\*\*** - 1/2 teaspoon

**Black Pepper** - to taste

**Swiss Cheese** - 1 cup  
[slices or shredded]

**Optional: Crusty Bread**

## Tips

- Skip the soup and serve the caramelized onions on egg dishes, burgers, sandwiches or with meat dishes.
- This recipe is a good opportunity to use old, stale bread. Stale bread soaks up liquid better than soft, fresh bread. If you do not have old bread, set fresh bread out on the counter when you turn on the slow cooker. It will be perfectly stale when the onions are done.

*\*Traditionally this dish is made with beef broth, but it can be substituted for chicken broth or vegetable broth.*

*\*\*If you use full salt broth, omit the added salt. If you use reduced sodium broth, use 1/2 teaspoon of salt, and if using unsalted broth use 1 teaspoon of salt.*