Onions

Why eat onions:
- Rich in manganese which is anti-inflammatory and provides cold and flu relief
- Very good source of Vitamin C and iron

How to store:
- Store onions in a mesh bag.
- Keep them as cool (35-40 degrees F), dry, and away from light (can last about 10-12 months in this condition).

When to throw out:
- Soft spots will quickly develop mold, so cut out the soft spot and surrounding area and use the onion quickly

Vidalia Sweet Onion Chicken Casserole
Makes 2 servings

Ingredients:
2 boneless chicken breast halves
2 tbsp. vegetable oil
1 medium Vidalia onion, peeled, cut in half, and sliced
2 large potatoes, peeled and sliced
1 can cream of mushroom soup

Directions:
1. Preheat oven to 350 degrees F.
3. Grease a 1 1/2 quart casserole dish. Layer sliced potatoes on the bottom, the chopped onion next.
4. Pour soup over all. Place chicken breast on top and sprinkle with paprika.
5. Cover tightly with tin foil and bake in oven for 1 hour.

Quick Tips:
- Peel off onion skin and wash thoroughly.
- Cut the onion into smaller pieces to cook faster.
- Cook in skillet over low-medium heat with a teaspoon of oil. Stir and cook until light brown and caramelized. Add to any dish or sandwich for flavor.
- Great in anything from soups, salads and topped over entrees.

Nutrition Facts
Serving Size 1 cup, chopped 160g (160 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 64</th>
<th>Calories from Fat 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 6mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% * Vitamin C 20%
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.

©www.NutritionData.com
Marinated Cucumber, Onion & Tomato Salad

Makes 6 servings • Prep Time: 15 minutes

**Ingredients:**
- 1 cup water
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 3 tomatoes, wedged
- 1 onion, sliced and in rings

**Directions:**
1. Whisk water, vinegar, oil, sugar, salt and pepper together in a larger bowl until smooth.
2. Add tomatoes, cucumbers, and onion. Stir to coat.
3. Cover bowl with plastic wrap and refrigerate at least 2 hours.

Caramelized Onion and Sweet Potato Skillet

Makes 4 servings • Prep Time: 10 minutes

**Ingredients:**
- 1 tsp canola oil
- 1/4 large sweet onion, sliced
- 3 medium sweet potatoes, sliced

**Directions:**
1. Heat oil in a 10 inch skillet over medium heat. Cook sweet potatoes and onion in oil about 5 minutes, stirring occasionally.
2. Reduce heat to low. Cover and cook 10 to 12 minutes, stirring occasionally until potatoes are tender.
3. Stir in brown sugar and jerk seasoning. Cook uncovered about 3 minutes, stirring occasionally until glazed. Sprinkle with parsley.

**Buying Guide:**
- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

**How much should I eat?**

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

**Daily servings:**
- VEGETABLES 2 1/2 cups
- FRUITS 2 cups

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. www.lowcountryfoodbank.com