



## ONIONS, RED, FRESH

Date: November 2012

Code: 900122

### PRODUCT DESCRIPTION

- Fresh red onions are U.S. No. 1 or better.

### PACK/YIELD

- Onions are packed in 1-pound packages.
- There are about 4 to 5 medium onions in 1 pound. One medium onion, peeled, is about 1 cup chopped onion.

### STORAGE

- Red onions should be stored in a cool, dry place. Do not store in a plastic bag. Fresh onions can keep up to 30 days if stored properly. Do not wash before storing.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- To prepare an onion for chopping, cut off one end of the onion with a knife and peel off the outside skin (the dry, papery layer). Sometimes the first layer of the onion comes off too; that is OK. Cut the onion in half, place on clean cutting board, cut side down, and begin chopping.
- Once an onion is cut, wrap whatever portion you did not use in plastic wrap, and put it in the refrigerator. It may keep for up to 7 days.
- To bake or roast: Peel onions and cut into ½-inch thick slices. Place on a baking sheet coated with cooking spray and bake or roast at 400 degrees F for 35 minutes or until onions are browned.
- To cook on the stovetop: Peel and slice or chop onions. Heat a small amount of vegetable oil or margarine in a large skillet over medium heat. Add the onions and cook, stirring every once in a while, until browned and soft. This may take 5 to 15 minutes, depending on the size of the pieces or slices.
- To microwave: Place chopped onions in a microwave-safe covered dish and cook on high for 2 to 3 minutes.

### USES AND TIPS

- Red onions are slightly milder than yellow onions. They can be added to cooked dishes including soups and casseroles.
- Since they are mild in flavor, red onions are often also used raw in fresh salads, dips, and sandwiches.

### NUTRITION INFORMATION

- ½ cup of chopped, raw, or cooked red onion counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups.

### FOOD SAFETY INFORMATION

- Keep onions that are going to be eaten raw away from raw meat, poultry, or seafood, and from the kitchen tools used with the meat, poultry, or seafood.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (80g) cooked onion drained and chopped

#### Amount Per Serving

**Calories** 30 **Calories from Fat** 0

		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<i>Trans Fat</i>	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	7g		<b>2%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	3g		
<b>Protein</b>	1g		

Vitamin A	0%	Vitamin C	10%
Calcium	2%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## LIGHT AND CREAMY ONION DIP

MAKES ABOUT 6 SERVINGS

### Ingredients

- 2 cups red onions, finely chopped
- 1 tablespoon vegetable oil
- 1 teaspoon paprika
- 1 cup fat-free sour cream
- Black pepper to taste

### Directions

1. In a skillet, cook onions in oil over medium heat for about 3 minutes or until just tender.
2. Stir in paprika.
3. In a bowl, mix together the cooked onions and sour cream.
4. Add pepper to taste.
5. Cover and chill in the refrigerator for about 1 hour.

Nutritional Information for 1 serving of Light and Creamy Onion Dip							
Calories	70	Cholesterol	5 mg	Sugar	2 g	Vitamin C	4 mg
Calories from Fat	20	Sodium	55 mg	Protein	2 g	Calcium	60 mg
Total Fat	2.5 g	Total Carbohydrate	11 g	Vitamin A	37 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	1 g				

*Recipe adapted from National Onion Association*

## EASY SUMMER SALAD

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 large cucumber, peeled and cut into small cubes
- 1 red onion, peeled and cut into small cubes
- 2 tomatoes, cut into small cubes
- 1 clove garlic, chopped
- 4 tablespoons lemon juice
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- Black pepper to taste

### Directions

1. Add cucumbers, onions, tomatoes, and garlic in a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving

### Tip

Great as a side dish for many meals.

Nutritional Information for 1 serving (½ cup) of Easy Summer Salad							
Calories	80	Cholesterol	0 mg	Sugar	7 g	Vitamin C	17 mg
Calories from Fat	30	Sodium	160 mg	Protein	2 g	Calcium	38 mg
Total Fat	4 g	Total Carbohydrate	13 g	Vitamin A	30 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

*Recipe adapted from USDA FNS, Food Distribution Division, 2009.*