



Onions



Plant: Onions should be planted in the late winter. To plant, chose a sunny site with fertile, well-drained soil. Plant about 4 inches into the soil and about 3 to 6 inches away from others. Onions are easy to plant because of their hardiness. The best option is onion sets, which can be planted without worry of frost damage and have a higher success rate.

Grow: Fertilize these plants when the bulbs begin to swell and again when the plants are about a foot tall. Water more if you want the onions sweeter as well as consistently because onions can look healthy even when they need water.

Harvest: When onion tops are yellow and begin to fall over, bend the tops down and stomp on them to speed up the ripening process. When the tops are brown, the onions are ready. Be sure to harvest in the late summer, before the cool, fall weather hits.

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Information: Onions are very low in calories and fat but rich in fiber. Chemical compounds, allium and allyl disuphide have anti-mutagenic (protect from cancers) and anti-diabetic properties (helps lower blood sugar levels). It also is known to reduce cholesterol and have anti-bacterial properties.

How to Prepare: Onions can be prepared in a variety of ways. They are often chopped and used in hearty warm dishes, as well as the main ingredient in some recipes, such as French Onion Soup. They are used raw in cold salads or pickled in vinegar and eaten as a snack. Finally, they are often sautéed, often in olive oil, to make sweeter.



Lime Marinated Red Onions

Yields: 4 servings

Serving size: 3 ounces

Ingredients

2 fresh red onions
4 ½ tablespoons fresh lime juice
½ teaspoon salt

Preparation

1. Combine all ingredients, mix well.
2. Place in the refrigerator for 2 to 4 hours to chill before serving.
3. Use within 2 days for best results

Nutrition Facts per Serving:

30 calories, 0 g fat, 8 g carbohydrates, 1 g fiber, <1 g protein