

More about Colorado Onions

Nutrition

Onions not only provide flavor, but they are also low in calories and offer layers of pungency or sweetness to a wide variety of foods. With only about 25 calories per 1/2-cup serving, onions are fat and cholesterol free, very low in sodium, high in vitamin C, and a good source of fiber and other key nutrients.

They also provide health promoting phytochemicals. Onions are an outstanding source of polyphenols, including the flavonoid polyphenols. Within this flavonoid category, onions are an exceptional source of quercetin, which is anti-inflammatory and may help to protect against cancer. With all these benefits, onions are a healthy option for adding flavor to a savory recipe without adding many calories.

Preservation

Onions preserve well and can be canned, dried, frozen, pickled, or made into a relish. Having a supply of dried or frozen onions on hand can not only save time but give a boost to many recipes and is a good way to store any extra onions until needed.

Freezing Onions

- <http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/>

Drying Onions

- <http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/drying-vegetables-9-308/>

Food Safety

For best quality and safety, always handle onions with care. Wash hands well before preparing; use a clean cutting board and cutting utensil; and refrigerate or discard cut onions within 2 hours.

Although green onions are not grown on a large scale in Colorado, they are often available at local farmers' markets. Commercially grown green onions require extensive handling during harvesting and packaging, creating multiple opportunities for contamination. *Be sure to store green onions in the refrigerator and thoroughly wash before preparing and consuming.*



CLASSIC ONION SOUP

Ingredients:

- 4 large yellow onions, sliced
- 6 tablespoons butter
- 1 tablespoon sugar
- 2 quarts reduced-sodium chicken broth
- 1/2 cup brandy (optional)
- Salt and pepper, to taste
- 1/2 baguette French bread, sliced, toasted
- Grated Romano cheese

Directions:

Melt butter in large saucepan. Add onions; cook over medium heat 12 minutes, or until tender and golden. Stir often. Add sugar and cook, stirring for 1 minute. Add broth; cover and bring to a boil. Reduce heat; simmer 12 minutes. If desired, add brandy; cook 2 minutes longer. Season with salt and pepper. To serve, ladle soup into bowl; float toast on soup. Sprinkle with cheese.

Makes 6 servings.

Information and recipe courtesy of the National Onion Association: www.onions-usa.org/recipes. For more information on Colorado onions, visit the Colorado Onion Association at www.coloradoonion.com



Updated 2020



COLORADO STATE UNIVERSITY
EXTENSION