

# Recipes Using Fresh Onions



Neighbors, Inc., South St. Paul, MN 55075

## Refreshing Peach Salsa

### You will need:

1 (15 oz.) can diced peaches, drained	1 (15 oz.) can unseasoned diced tomatoes	
$\frac{1}{2}$ cup finely chopped cilantro	$\frac{1}{2}$ medium red onion, finely diced	1 tsp. minced garlic, optional
1 fresh jalapeno pepper, minced	2 tbsp. lime juice, squeezed	salt and pepper to taste

### Instructions:

- Place all ingredients in a large bowl and gently stir together.
- Refrigerate overnight to enhance flavor. Serve with chips, crackers or pita bread.

## Sweet Onion Humus

### You will need:

1 large sweet onion, thinly sliced	1 whole garlic head	1 (15 oz.) can garbanzo beans
4 tbsp. + 1 tsp. extra virgin olive oil, divided	1 tbsp. lemon juice	$\frac{1}{2}$ cup Greek yogurt
1 tsp. salt		

### Instructions:

- Cut the top of the head of garlic and place cut side down on a pan. Drizzle with 1 tsp. of olive oil.
- Bake for 20 - 30 minutes or until garlic is soft. Let cool.
- Once cool, squeeze out the garlic from each clove. Set aside.
- In a large skillet, cook onion in 1 tbsp. olive oil over medium high heat.
- Stir the onion frequently until it begins to brown. Reduce the heat to low.
- Continue to cook until the onions are soft and a medium brown color. Set aside.
- Rinse and drain garbanzo beans reserving 3 tbsp. of garbanzo bean liquid.
- Add garbanzo beans, liquid, lemon juice, yogurt, garlic, salt, 3 tbsp. olive oil and onions to a bowl.
- Put everything into a food processor or a high-powered blender.
- Blend together until everything is combined and humus is smooth. Serve with crackers or veggies.

## Cucumber, Onion and Tomato Salad

### You will need:

1 onion, sliced and separated into rings	1 cup water	$\frac{1}{2}$ cup distilled white vinegar
$\frac{1}{4}$ cup vegetable oil	$\frac{1}{4}$ cup sugar	1 tsp. salt or to taste
1 tsp. black pepper or to taste	3 cucumbers, peeled & sliced $\frac{1}{4}$ inch thick.	
3 tomatoes, cut into wedges (optional)		

### Instructions:

- Whisk water, vinegar, oil, sugar, salt and pepper together in a large bowl until smooth.
- Add cucumbers, tomatoes and onion. Stir to coat.
- Cover bowl with plastic wrap. Refrigerate for at least two hours. Serve.

## Onion Orange Salad

### You will need:

1 cup sliced red onion	1/3 cup olive oil	1/4 cup orange juice
3 tbsp. white vinegar	1 tsp. minced fresh parsley	1 garlic clove, minced
1/4 tsp. salt	dash of pepper	
8 cups of spinach or mixed greens	3 medium oranges, sliced and peeled	
1/2 cup crumbled blue cheese, optional	1/4 cup slivered almonds, toasted	

### Instructions:

- In a small bowl, make dressing by whisking together the olive oil, orange juice, white vinegar, parsley, garlic, salt and pepper.
- On a serving platter or individual plates, arrange spinach, oranges and onion. Drizzle with dressing.
- Sprinkle with cheese and almonds.

## Strawberry Spinach Salad

### You will need:

1/4 red onion, thinly sliced	2 (6 oz.) bags baby spinach
1 (16 oz.) container strawberries, quartered	1 (4 oz.) package crumbled blue cheese
1/2 cup toasted almonds	bottled red wine vinaigrette
salt and freshly ground pepper to taste	

### Instructions:

- In a large bowl, toss together red onion, baby spinach, quartered strawberries, crumbled blue cheese and sliced toasted almonds.
- Drizzle with red wine vinaigrette or dressing of choice. Add salt and pepper to taste.
- Serve with favorite bread or oven-fresh popovers.

## Grandma's Onion Squares

### You will need:

2 cups sliced onion	2 tablespoons olive oil	1 tsp. salt, divided
1/4 tsp. pepper	2 cups all-purpose flour	3 tsp. baking powder
5 tbsp. shortening	2/3 cup 2% milk	1 large egg, room temperature
		3/4 cup sour cream

### Instructions:

- Preheat oven to 400 degrees F. In a large skillet, heat oil over medium heat.
- Add onion; cook and stir until softened, 8 - 10 minutes.
- Reduce heat to a medium-low: cook until deep golden brown, 30-40 minutes, stirring occasionally.
- Stir in 1/2 tsp. salt and the pepper.
- In a large bowl, combine flour, baking powder and remaining 1/2 tsp. salt.
- Cut in shortening until mixture resembles coarse crumbs. Stir in milk until just moistened.
- Press into a greased 9-in. square baking pan. Top with onion.
- Combine egg and sour cream. Spread over the onion layer. Bake until golden brown, 35 - 40 minutes.

## Facts About Onions

- Onions have been a part of the human diet for more than 7,000 years. They were probably first grown in Ancient Egypt but maybe earlier.
- In the first century, Greek athletes in the Olympic Games fortified themselves by eating pounds of onions and drinking pure lemon juice.
- Onions are a popular vegetable. Worldwide we grow 50 million tons of onions annually.
- Some people say the thickness of an onion skin can help predict the severity of the winter.
- When buying onions, go for the ones that feel heavy in your hand and are firm.