

Cooking with Onions



Add Flavor



¡Cocine con cebolla!

How do you cook with onions?



- Onions are yellow, white, purple, or red— and include shallots, leeks, and scallions.
- Many varieties are sweetest in spring. Some have edible green tops which later dry out for winter storage.
- Store whole unpeeled onions that have dry outside skins in a well ventilated spot out of the sun.
- Refrigerate green, or cut onions in a container or wrap for up to 1 week.

Onions Add Flavor!

- Sauté onions with other vegetables!
- Pickle, bake, grill or braise onions!
- Add onions to meat or scrambled eggs!
- Add raw onions to salsas and salads!
- Top your favorite sandwich
- Add chopped onion or scallions to soups.



How many vegetables can you find?

Cabbage Potato Sauté

Heat skillet over medium heat.

Add potatoes and 1/4 cup of water. Cover and cook potatoes till tender.

Once potatoes are tender **stir in garlic, onion, oil and black pepper.** Cook about 5 minutes.


Add corn and 1/4 cup water. Cover and cook 2 more minutes.

Add grated carrot and cabbage and allow to soften by cooking covered for an additional 5 minutes. Add basil and serve warm.

Vegetables

- 1 medium onion chopped
- 1 large potato chopped small
- 1 ear corn, kernels removed
- 1 large carrot grated
- 1/2 head cabbage, shredded about 3 ½ cups
- 2 tablespoons water

Seasonings

- 2 tablespoons olive oil
 - 4 cloves garlic, minced
 - 1/2 teaspoon black pepper
 - 2 tablespoons fresh basil chopped
-  Be creative! Add dried crushed red peppers or 1/2 teaspoon of your favorite herb



- 1** Cut off stem end. Place onion on stem flat bottom you created. Cut in half right through root. Root end holds the onion together!

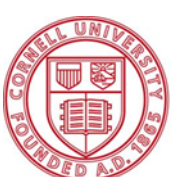
Steps to Safe Cutting use a sharp comfortable knife



- 2** Peel back onion. Cut with the flat half side on the cutting board!



- 3** Claw your fingers away from the knife when cutting. Cut from stem end for raw slices. Cut from the side for pieces that stay firm when cooking.



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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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