



Yellow Onions, Fresh

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of raw yellow onions counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Yellow onions contain many nutrients that are important for your body. They are low in sodium and are a good source of fiber.

Uses and Tips

- Add onions to your morning eggs to pack in more vegetables during your day.
- Diced onions are an excellent addition to tuna, chicken, shrimp, or egg salad.
- Sautéed peppers, onion, and garlic combine their flavors to make the base of many savory dishes.
- Add cooked onions to pasta sauce, pizza sauce, soups, and stews to enhance the flavor!
- Add lettuce, tomatoes, and sliced yellow or red onions to sandwiches for extra flavor and texture.

Storing Foods at Home

- Remove any visible dirt before eating.
- Yellow onions should be stored in a cool, dry place. Do not store in a plastic bag.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.

USDA Foods

Fantastic French Onion Soup

Makes 8 servings

Ingredients:

3 tablespoons butter
 2 tablespoons vegetable oil
 10 - 12 onions, roughly 6 or 7 cups when sliced
 1 teaspoon of salt (or to taste)
 black pepper (to taste)
 ½ teaspoon sugar
 3 tablespoons flour
 8 cups beef, chicken, or vegetable broth
 8 slices bread
 2 cups cheese, shredded

Directions: Wash hands with soap and water.

1. Slice the onion about ⅛-inch thick.
2. Heat vegetable oil and butter over medium-low heat. Add onions and cook covered for about 20 minutes.
3. Add salt, pepper, and sugar. Cook for 45 to 60 minutes. If onions start to stick or crisp up, turn the heat down. Stir frequently as the onions develop a caramelized color.
4. Add 3 tablespoons of flour and simmer for about 3 minutes.
5. Heat broth in a saucepan. Add hot broth to the onion mixture. Simmer, partially covered, for another hour on low heat, stirring frequently.
6. Lightly toast the bread.
7. Heat the oven to 350 degrees F.
8. Set 8 oven-safe bowls on a baking sheet. Partially fill bowls with soup, top with a piece of toast, and cover with shredded cheese. Bake in the oven for about 20 minutes.

Recipe adapted from Second Harvest Kitchen

Green Beans with Carmelized Onions

Makes 4 servings

Ingredients:

1 pound green beans, stem ends snipped off
 1 tablespoon butter
 1 medium onion, thinly sliced
 ½ cup chicken stock
 1½ teaspoons sugar
 1½ teaspoons apple cider vinegar
 salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Cook beans in boiling salted water until crisp and tender, 2 to 4 minutes.
2. Drain and then put beans in ice water. Drain again and let stand to dry.
3. Melt butter in skillet over medium heat.
4. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes.
5. Boil chicken stock in a saucepan until reduced to ¼ cup and then stir in sugar and vinegar.
6. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with salt and pepper.

Recipe adapted from First Nations Development Institute