

Onions



About Onions

- Onions come in many different colors such as, yellow, white, red and green.
- Onions provide layers of flavor, color and texture to a wide variety of dishes.
- The onion is an good source of Vitamin C, which is necessary for the growth and repair of all body tissues.

Selecting and Storing

- When selecting onions, they should be firm and have little to no scent. Avoid onions with any cuts, bruises or blemishes.
- Onions keep for three to four weeks when stored in a cool, dark, dry place.

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Classic Baked Macaroni & Cheese

Makes: 8 servings (1/2 cup)

Ingredients

- 2 cups macaroni
- 1/2 cup onions, chopped
- 1/2 cup evaporated fat free milk
- 1 medium egg, beaten
- 1/4 teaspoon black pepper
- 10 ounces (1 1/4 cups) low fat sharp cheddar cheese, finely shredded

Instructions

1. Preheat oven to 350 degrees.
2. Cook macaroni according to package directions. Do not add salt to the cooking water. Drain and set aside.
3. Lightly coat a saucepan with cooking spray, add onions and sauté for about 30 minutes.
4. In another bowl, combine cooked macaroni, onions, and the remaining ingredients and mix.
5. Lightly coat a casserole dish with cooking spray and transfer mixture into casserole dish.
6. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Source: <https://www.nhlbi.nih.gov/health/educational/.../pdf/.../Recipes-African-American.pdf>

Nutrition Facts

servings per container	
Serving size	(113g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 220mg	10%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 43mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Analyzed using EHSA Food Processor; version 11.4

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