



## August 2018 Newsletter

### Onion Power

Most of us know the feeling of slicing onions and feeling the burning in our eyes. As our eyes begin to water, we may wonder...are onions really worth the tears they cause? The answer is, yes!

Onions are an edible bulb that is commonly used in a variety of dishes. They come in many varieties with the most popular being red onion, yellow onion, white onion, green onion (scallion), and Vidalia onions.

Onions are grouped into two categories: strong flavored (often called American) and mild flavored (often called European).

#### Nutritional Value

No matter the variety of onion you choose, you can be confident knowing that all members of the onion family are useful in the fight against heart disease. The oils in onions help lower the LDL (the “bad” cholesterol) in the blood stream while increasing the HDL (the “good” cholesterol) levels in the blood stream.

Onions are also a good source of vitamins C (a boost to the immune system), B (good for cell health, treating anemia, and for pregnant women) and K (blood health). Only green onions and scallions contain vitamin A, which is good for vision, development and growth, and the immune system.

Furthermore, onions are a good source of dietary fiber (good for the digestive system) and contain calcium, iron, and protein.

A lesser known benefit of onions is that they are a good source of the powerful antioxidant quercetin. Quercetin is most effective when consumed in its natural form (as in eating onions) and helps with heart health, allergy prevention, prostate health, and joint health.

#### Onion Selection and Storage

Choose onions that are firm and dry with bright, smooth outer skins. Onions should be stored in a cool, dark, well ventilated place and used within four weeks of purchase. Green onions should be refrigerated in the crisper for three to five days and washed thoroughly with water before eating.



Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/onions>

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### Recipes of the Month

*Adapted from <https://whatscooking.fns.usda.gov/>*

#### 20-Minute Chicken Creole (8 servings)

##### Ingredients:

- 1 tablespoon of vegetable oil
- 2 whole, boneless, skinless chicken breasts
- 1 can (14.5 oz) of diced tomatoes, with juice
- 1 cup of chili sauce
- 1 large, chopped green pepper
- 2 chopped celery stalks
- 1 chopped onion
- 2 minced garlic cloves
- 1 teaspoon each of dried basil and parsley
- ¼ teaspoon each of cayenne pepper & salt

##### Directions:

1. Add the vegetable oil and chicken to an electric skillet (350 degrees) and cook the chicken for 3-5 minutes.
2. Lower the heat to 300 degrees and add the tomatoes, onions, celery, etc.
3. Bring to a boil and simmer for 10 to 15 minutes. Serve over rice or whole wheat pasta\*



*76 Calories, 3g Total Fat, 0g Saturated Fat, 8g Protein, 251 mg Sodium, 6g Carbohydrates, 2g Dietary Fiber, 34 mg Calcium (\*does not reflect the calorie content in the rice or wheat pasta)*

#### Bean Dip (6 servings)

##### Ingredients:

- 2 cups of canned, low-sodium kidney beans
- 1 tablespoon of vinegar
- ¾ teaspoon of chili powder
- 1/8 teaspoon of ground cumin
- 2 teaspoons of finely chopped onion
- 1 cup of grated cheddar cheese

##### Directions:

1. Drain the kidney beans, but save the liquid in a small bowl.
2. Place the beans, vinegar, chili powder and cumin in a blender and blend until smooth. Add enough of the saved bean liquid to make the dip easy to spread.
3. Stir in the onion and grated cheese.
4. Store in a container and refrigerate.
5. Serve with vegetable sticks or crackers.



*124 Calories, 7g Total Fat, 4g Saturated Fat, 8g Protein, 198 mg Sodium, 9g Carbohydrates, 3g Dietary Fiber, 154 mg Calcium*

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