



# Onion

## 3 Prep and cooking tips

- Onions can be sliced, chopped, or minced, depending on the use or recipe.
- Onions that are best raw are red, white, or sweet onions. These are great for sandwiches, salads, or dips.
- Yellow and pearl onions are best for roasting, braising, or cooking.

## 2 Shopping and storage

- Look for a firm, dry, undamaged onion with no sprouts growing from the top. It should not have any dark or soft spots.
- Store in a cool, dry place. Do not store uncut onions in airtight containers or bags. Uncut onions do not need to be refrigerated.

## 1 Nutrition Fact:

- Antioxidants called flavonoids are present in onions, which help fight damage to our cells.

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