

# Onions



## Selecting

There are many varieties of onions, both dry and fresh. Dry onion varieties include the common cooking onion, Spanish, red, pearl and sweet onion. Fresh onion varieties include chives, leeks and green onions.

Dry onions should have dry, thin skins with no sign of mold. The onion should feel firm and heavy. Avoid onions with green sprouts.

Fresh onions should have crisp, bright greens and smooth white bulbs.

## Storing

Store your onions in the mesh or netted bags they are sold in. Keep in a dark, cool, well ventilated

spot. If stored properly, onions will last about a month or more.

Fresh onions should be refrigerated. Remove any ties or rubber bands, wrap the onions in paper towel and place in a perforated plastic bag. Stored this way, the onions will last a week.

All types of onions freeze well. Just chop them up and store in freezer bags.

## Preparing

For dry onions, cut off the top and bottom of the onion and peel the skin. Onions can be sliced, diced or grated.

Fresh onions should be washed well. Leeks need

to be soaked to remove all of the dirt. Cut off the roots and slice the leek lengthwise to the top. Soak the leek in water for a few minutes and then fan out the leaves and rinse under running water. Green onions should be washed first and then the root and any wilted parts trimmed. Chives should be washed and dried with paper towel.

## Eating

Many varieties of onions can be used raw in a salad. Spanish, red, green onions and chives all are good served raw. Onions can be used in all kinds of dishes and add a rich flavour to your foods.

## Seasonality

Cooking onions are available year-round. Red onions are available from January to March and September to December. Green onions are available from June to November.

## Nutrition

A half-cup of cooking onions contains 61 calories. A medium green onion has 5 calories. Different types of onions will vary in their caloric contribution and nutrient density. Onions provide a variety of nutrients in small amounts.



Here is a very healthy recipe that includes green onions.  
**Quinoa Lentil Loaf**

[www.halfyourplate.ca/recipe/quinoa-lentil-loaf/](http://www.halfyourplate.ca/recipe/quinoa-lentil-loaf/)

