

Onions

Onions are a good source of Vit. C, B vitamins, and Potassium.

Onion are also a Prebiotic!
They feed the good bacteria in your gut!

How to store:

- Store uncovered in a dry dark place for up to two months or at room temperature for up to three weeks.
- You can also refrigerate cut portions for up to four days.

How to prep:

- Rinse, trim outer root ends. Discard outer leaves,
- Leave whole, cut into quarters, slice or chop

Use it:

- Anything! Its a kitchen staple!
- Chilis
- Cold of fresh salads diced
- Stocks & Soups
- Omelets



This institution is an equal opportunity provider.
This material was funded in part by SNAP.