



Red Onions

Los Angeles Regional FoodBank

Selecting

- Red Onions should be firm
- Free of blemishes or mold spots
- Have even-colored, paper-dry skin

Source: Produce Oasis

Storing

- Store raw onions in a dry, dark, well-ventilated place
- Wrap cut onions and store in the refrigerator immediately. Uncovered sliced onions lose nutrients more quickly than covered onions.

Health Benefits

Source: Jennifer Copley

Red Onions are believed to help the heart, digestion, bones, and prevent certain types of cancer.

Sauteed Spinach with Red Onion

Ingredients:

- 3 tablespoons extra-virgin Olive oil
- 1 large red onion, sliced
- 2 cloves garlic, minced
- 1/4 cup reduced-sodium chicken broth
- 1 tablespoon soy sauce
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 bag (10 ounce size) prewashed spinach
- Lemon zest



Directions:

1. Heat the oil in a very large pot over medium heat.
2. Add the onion and garlic and cook until tender, about 8 minutes.
3. Add the broth, soy sauce, red pepper flakes, salt, and pepper.
4. Add one third of the spinach and cook until it begins to wilt, about 2 minutes.
5. Continue adding the spinach one large handful at a time, sauteing just until it begins to wilt before adding more.
6. Transfer the mixture to a bowl, sprinkle with lemon zest, and serve

Preparation Tips

To avoid teary eyes, peel onions under cold water.

Source: Group Recipes