



## Red Onions, Fresh

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of raw red onions counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Red onions contain many nutrients that are important for your body. They are low in sodium and are a good source of fiber.

### Uses and Tips

- Add onions to your morning eggs to pack in more vegetables during your day.
- Diced onions are an excellent addition to tuna, chicken, shrimp, or egg salad.
- Sautéed peppers, onion and garlic combine their flavors to make the base of many savory dishes.
- Add cooked onions to pasta sauce, pizza sauce, soups, and stews to enhance the flavor!
- Add lettuce, tomatoes, and sliced yellow or red onions to sandwiches for extra flavor and texture.

### Storing Foods at Home

- Remove any visible dirt before eating.
- Red onions should be stored in a cool, dry place. Do not store in a plastic bag.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Perfectly Pickled Onions

Makes 6 servings

#### Ingredients:

- 1 medium red onion
- ¼ cup apple cider vinegar
- ¼ teaspoon salt

Suggested uses for Pickled Onions:

- \*Serve over baked fish, chicken, or burgers.
- \*Add 1-2 tablespoons to your salad.
- \*Enjoy over omelets in the morning.

**Directions:** Wash hands with soap and water.

1. Cut onion in half and finely slice.
2. Add onions, vinegar, and salt to medium mixing bowl.
3. Mix well. Mix every 5 minutes for about 20 minutes, or until ready to eat.
4. Store in refrigerator. Use within 3 days.

*Recipe adapted from EatFresh.org*

### Lentil Taco Filling

Makes 4 servings

#### Ingredients:

- ½ cup red onion, chopped
- ½ cup bell pepper (any color), chopped
- ¼ teaspoon garlic powder or 1 clove garlic, minced
- 1 teaspoon vegetable oil
- ½ cup dried lentils, rinsed
- 4 ½ teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried cilantro or oregano (optional)
- 1 ¼ cups broth, any flavor

**Directions:** Wash hands with soap and water.

1. In a large skillet, cook the onion, bell pepper and garlic in oil until tender, about 3 minutes.
2. Add the lentils, chili powder, cumin and cilantro/oregano (optional). Cook and stir for 1 minute.
3. Add broth. Bring to a boil. Reduce heat, cover and simmer until the lentils are tender, 20 to 30 minutes. Add water if necessary to keep the lentils just covered with liquid.
4. Uncover; cook until mixture thickens and most of the water is gone, 5 to 10 minutes.
5. Use for tacos, wraps, or salads.
6. Refrigerate leftovers within 2 hours.

*Recipe adapted from FoodHero.org*