

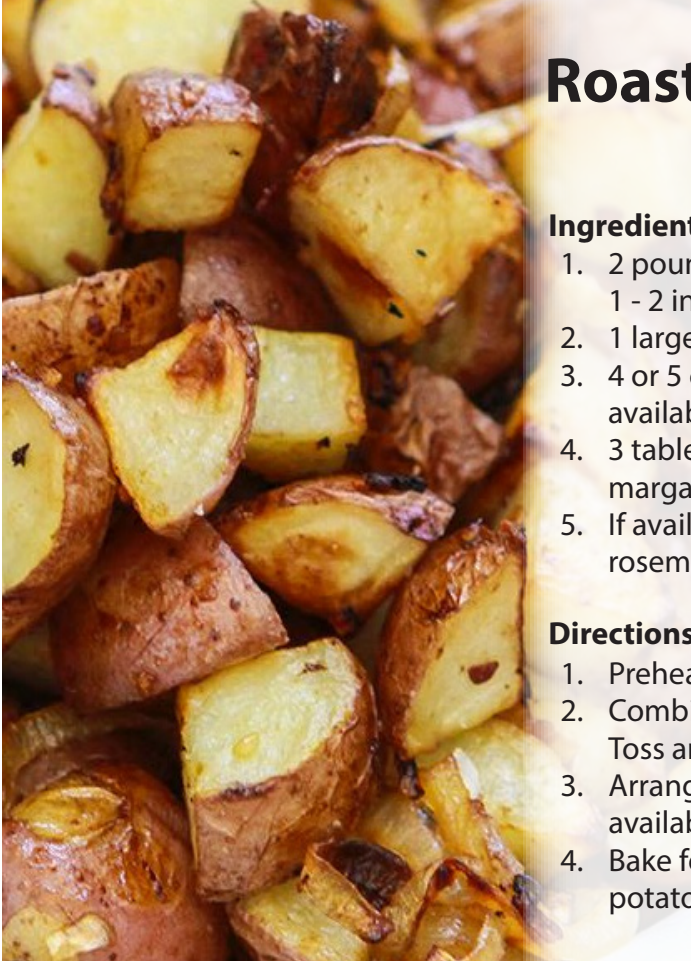
Onions



Nutrition: Onions are low in sodium and contain no fat. They are high in vitamin C and are a good source of dietary fiber and folic acid.

Storage: Uncut – keep cool, dry in dark container with dry paper towels. **Cut** - Refrigerate peeled in a plastic bag for up to one week.

In Season: July - October



Roasted Onions & Potatoes

Makes 4 - 6 servings

Ingredients:

1. 2 pounds potatoes (about 4 medium sized potatoes) cut into 1 - 2 inch chunks.
2. 1 large onion (chopped into large pieces).
3. 4 or 5 cloves garlic (minced) or ½ teaspoon garlic powder if available.
4. 3 tablespoons oil (olive, vegetable or canola), butter or margarine.
5. If available: ½-1 teaspoon salt, pepper, dill, thyme, basil, rosemary, oregano

Directions:

1. Preheat oven to 400 degrees F.
2. Combine all ingredients in a large bowl or storage bag. Toss and mix to coat potatoes and onions in oil and spices.
3. Arrange potatoes and onions in a pan (lined with foil if available).
4. Bake for 30-40 minutes, turning every 10-15 minutes until potatoes are tender and nicely browned.