

Onions & Shallots



SEASONALITY



NUTRITIONAL PROPERTIES

Onions and shallots are a good source of potassium, vitamin C, vitamin B6, iron, phosphorus, zinc, and folate. Onions do have a bit more carbohydrate than most vegetables.

STORAGE

Store in a cool, dry, and dark area around 55 ° F.
Lasts up to 6 months.

PRESERVATION

Onions do not freeze well, however they can be dehydrated for later use. Yellow and white onions can be caramelized and stored within the refrigerator for 1-2 weeks. Red onions and shallots can be pickled for later consumption.

HOW TO PREPARE

1. Chop or slice the onion.
2. Heat a skillet to medium high heat with a tablespoon of oil.
3. Add onion to the hot pan, stirring occasionally.
6. Sauté for 10-15 minutes until tender.

Onions are an allium. They can be used in place of other alliums like shallots, green onions, or garlic.

RECIPES FROM HOFFFA

with onions & shallots

- Three Sisters Fritters
- Ratatouille
- Tabouli Salad
- Squash Chili Boats

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

