

# Cooking Corner

## A Dish Without Onions Would Be A Crying Shame

(NAPSA)—Cooks who know their onions prefer storage onions for creating the most flavorful dishes.

Available in the fall and winter months, storage onions have earned their name because they can be stored longer—for one to three months. When shopping for a storage onion, look for bulbs with multiple layers of thick, papery skin free of spots or blemishes.

These onions are known to have a more intense flavor than fresh onions. However, when cooked slowly over low heat, storage onions mellow and become rich and savory.

Here's a tasty dish that incorporates sautéed storage onions in a savory frittata. This French-style omelet can be tossed together for a quick breakfast, brunch or light supper and is fancy enough for guests.

### FRITTATA WITH ONION, BASIL AND TOMATO

- 1 large or 2 small onions  
(about 2 cups)
- 3 tablespoons olive oil  
(divided)
- 1 cup fresh chopped or  
canned diced tomatoes\*,  
drained
- ½ cup chopped fresh basil
- 6 large eggs
- ¼ cup grated Romano or  
Parmesan cheese

Cut onions into halves, place flat sides down and cut each half into narrow wedges. Heat 1 tablespoon oil in 9- or 10-inch skillet or sauté pan. Add onion and sauté 8 to 10 minutes until golden. Remove about one-third of the onion from pan and keep warm. Add drained tomatoes and all but



**Storage onions give this healthy French-style omelet a healthy dose of flavor.**

about 1 tablespoon basil to pan and cook with onions 1 minute to heat. Beat eggs in bowl with fork. Add onion-tomato-basil mixture to eggs, stirring just to combine. Heat remaining 2 tablespoons oil in skillet. Pour egg mixture into hot skillet. Cover and cook over low heat until set, about 15 minutes. Top with reserved onions and basil; sprinkle with cheese. Let rest 2 or 3 minutes, then cut into wedges to serve. Makes 4 servings.

\*Canned tomatoes can be used to save time. If desired, fire-roasted canned tomatoes will add a nice smoky flavor to the frittata.

For more recipes, visit [www.onions-usa.org](http://www.onions-usa.org) or send a stamped, self-addressed, business-size envelope to National Onion Association, Department 2006, 822 7th Street, Suite 510, Greeley, CO 80631.