

Fabulous Food

Dress Up Everyday Meals With Crunchy Fun

(NAPSA)—Onions pair up delightfully with a wide variety of other foods. From barbecue toppings to pizza, this versatile vegetable can help you create lighter, refreshing dishes such as spicy quesadillas and savory veggie wraps.

Now it's easier than ever to incorporate onions into everyday meals. The produce section of the grocery store features new Authentic Crisp Onions from Seneca Farms. They're all natural with no trans fats, and require no slicing and dicing, which means less prep time. You can add this all-natural, crunchy vegetable into your favorite recipes, as a topping to jazz up salads, pastas, veggies, soups, burgers, steaks and more or simply enjoy them as a snack.

In this recipe, grapes and fresh greens add sweetness and crunch to baked, Crisp Onions—coated goat cheese. For a quick and cool variation, serve the salad without baking the cheese.

CRISP ONION GOAT CHEESE SALAD

Prep time: 15 minutes

Makes: 4 servings

- ¾ cup Seneca Crisp Onions, divided use**
- 4 ounces soft goat cheese**
- 1½ tablespoons olive oil**
- 1 tablespoon white balsamic or champagne vinegar**
- ½ teaspoon salt**
- Fresh ground black pepper**
- 5-6 ounces (about 5 cups) mixed lettuces**
- ¼ cup toasted pine nuts or sliced almonds**
- 1 cup total combination of red and green seedless grapes (cut in half)**



Warm Crisp Onions and goat cheese make for a scrumptious salad.

Preheat oven to 400°F.

Crush ½ cup of the Crisp Onions into about ⅓-inch pieces by placing in a bag and pressing gently with fingers; pour onto a plate.

Divide goat cheese into four pieces. Shape into 2-inch by ½-inch-thick rounds. When ready to serve salad, roll and pat Crisp Onions onto all sides of cheese rounds. Place rounds on a pie dish or baking sheet. (Reserve any remaining crisps to top salads.)

Bake 5 minutes until cheese is heated through.

While cheese is baking, combine olive oil, vinegar, salt and a few grindings of pepper in a small bowl or shaker jar. Whisk or shake to combine.

Toss greens with dressing and divide onto four salad plates. Place warm baked goat cheese on each serving. Garnish with remaining Crisp Onions, nuts and grapes.

For more information, visit www.SenecaSnacks.com.