

# Kitchen Corner

## Know Your Onions

(NAPSA)—Here are a few facts about onions you may find quite appealing:

- Onions are sodium-, fat- and cholesterol-free and provide dietary fiber, vitamin C, vitamin B6, potassium and other key nutrients.

- Research suggests onions contain generous amounts of a flavonoid called quercetin that may help guard against cataracts, cardiovascular disease and cancer. In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds linked to lowering blood pressure and cholesterol levels.

- Fresh yellow, red and white onions are available from March through August.

- Spring/summer onions have thin, light-colored skins. They also have a higher water content, which often gives them a sweeter, more mild flavor than storage onions (available August-April). Fresh onions are ideal for salads and other raw or lightly cooked dishes.

- To chop an onion without tears first, chill it for half an hour or so. Next, cut off the top and peel the outer layers, leaving the root end on until last.

- To remove the smell of onions from your hands or cooking equipment, rub them with lemon juice.

- Onions are known to have been cultivated for 5,000 years.

- One medium onion will yield about one cup of chopped onion.

A great way to enjoy onions is in a dish like this:



**Sweet onions and dried cherries give ordinary chicken salad a tasteful twist.**

### Smoked Chicken Salad with Onions and Dried Cherries

**4½ cups diced smoked chicken**

**1½ cups diced celery**

**2¼ cups diced sweet onions**

**2¼ cups dried tart cherries, chopped**

**1½ cups pecan pieces**

**½ cup basil, fresh minced**

**2 cups light mayonnaise**

**¾ teaspoon salt**

**¾ teaspoon black pepper, ground**

**1 teaspoon orange zest**

**3 teaspoons fresh orange juice**

**Place all ingredients in mixing bowl, stir gently until well combined. Refrigerate until ready to prepare sandwiches. Makes 12 servings.**

For more delicious and healthy recipes or additional onion information, visit the National Onion Association's Web site at [www.onions-usa.org](http://www.onions-usa.org).