

News Of Nutrition

Marinated Onions—A Mouthwatering Addition

(NAPSA)—Few vegetables are as versatile or as easy to prepare as onions—they can be marinated, sautéed, caramelized, grilled or roasted in just minutes. Any way you slice or prepare them, onions add layers of flavor to your meals.



One of the most delicious ways to enjoy fresh, raw

onions is marinated. Onions can be marinated and used for grilling, in salads and in a variety of quick and healthy warm weather meals.

Marinated onions are easy to prepare and can be made days in advance. To start, cut onions crosswise into thin slices. Stack slices tightly in sealable container.

Pour marinade over onions until halfway submerged. Refrigerate for at least one day or up to one week. Shake container periodically to make sure onions are evenly marinated.

Some uses for marinated onions include:

- Layering them on sandwiches with lettuce, tomato and smoked salmon.

- Tossing them into your favorite spinach, pasta or green salad.

- Using them in antipasto.

Here's a flavorful salad recipe that makes mouthwatering use of marinated onions.

Marinate fresh onions in your favorite Italian dressing or create your own.

Garden Salad with Balsamic Marinade:

1 med. to large onion, sliced
¼ cup balsamic vinegar
¼ cup water
¼ cup sugar

Mix together balsamic vinegar, water and sugar.

Pour over thinly sliced onion rings to marinate.

Top a bowl of mixed greens with an array of fresh seasonal salad ingredients.

Lift onions from the balsamic marinade and pile in center of salad.

Sprinkle with crumbled feta or blue cheese and drizzle with light vinaigrette dressing.

For more recipes using onions, send a stamped, self-addressed business-size envelope to the National Onion Association, Department FF, 822 7th Street, Suite 510, Greeley, CO 80631. For additional information about onions, visit www.onions-usa.org.