

# Fun Food Ideas

## Ogre Inspires Kid-Friendly Onion Recipes

(NAPSA)—If you want to know what America's favorite ogre and one of the nation's favorite vegetables have in common, the answer is a contest—and some Shrek-inspired onion recipes.

Vidalia onions, known as the original sweet onion, have teamed up with the creators of Shrek in time for the release of the latest DreamWorks Animation film, "Shrek Forever After."

Visitors to VidaliaOnion.org can play the Hunt 'n Peel game in Shrek's forest to win the Ultimate TV Video Gaming Package. Played like an Easter egg hunt with an ogre twist, contestants can learn Vidalia trivia while foraging for onions scattered in Shrek's enchanted forest. The grand prize is a 50" flat-screen television, Wii gaming system and "Shrek Forever After" video game. Check the site for contest details.

Kid-friendly, Shrek-inspired recipes on the site include Swamp Onion Soup, Fiona's Favorite Fun-yuns and Donkey's Savory Onion Parfait. This recipe for Swampy Joes features three servings of vegetables.

### SWAMPY JOES

*A Classic Sloppy Joe with  
Chopped Spinach and  
Vidalia Onions*  
Serves 4

- 1 large, sweet Vidalia onion, diced**
- 1½ pounds ground beef chuck**
- Coarse salt and ground pepper**
- 2 garlic cloves, minced**



**Even though it has three servings of vegetables, this recipe for Swampy Joes with Vidalia onions is deliciously kid-friendly.**

- 1 can tomato puree (14.5 ounces)**
- 2 tablespoons light-brown sugar**
- 1 tablespoon cider vinegar**
- 1 tablespoon tomato paste**
- 1 teaspoon Worcestershire sauce**
- 2 cups chopped fresh spinach**
- 4 hamburger rolls**

**In a large skillet over medium-high heat, cook beef, breaking apart pieces with a wooden spoon, until lightly browned, 5 to 6 minutes. Season with 1½ teaspoons salt and ¼ teaspoon pepper. Add sweet Vidalia onion and garlic; cook, stirring, until translucent, about 5 minutes. Add pureed tomatoes, sugar, vinegar, tomato paste, Worcestershire and 1½ cups water. Reduce heat to medium-low; simmer until thickened, about 20 minutes. Add chopped spinach just before serving and divide evenly among the buns.**