

Picky Kids Pick Sweet Onions

(NAPSA)—It's Monday night and dinnertime again. You think to yourself, "How am I going to make a meal that the whole family will eat—even the kids?" You want everyone to eat together. You want the kids to eat a healthy meal. You want to make something easy for you.

Do you think that onions could be the solution to your mealtime dilemmas? Well, they are. Not just any onions, but sweet onions—and the sweetest of all is OSO Sweet, the winter sweet onion.

Sweet onions are healthy, easy to cook with and sweet enough for the pickiest little eaters in your family. They contain fiber, calcium, iron, several B vitamins and more vitamin C than apples. They are rich in flavonoids, antioxidant compounds that have been shown to decrease tumor formation, heal stomach ulcers and inhibit proliferation of cultured ovarian, breast and colon cancers. The main flavonoid in onions is quercetin, which remains potent even after cooking.

There's also good news for keeping kids healthy: Onions have been shown to possess antibacterial and antifungal properties that can protect against oral bacteria and possibly cavities. If your child has asthma, consider this: quercetin's antihistamine effects appear to inhibit asthmatic response.

Unlike regular onions, sweet onions have low levels of pyruvic acid, responsible for onion's harshness (and the cook's crying), and a super-high sugar content. The result is an onion that is mild, sweet and perfect for every purpose. You can serve them raw on burgers, in salsa and so many salads without overpowering the other flavors. When cooked, they provide richness to soups and stews and add a tasty touch of sweetness.

Although there is no official industry standard, it is generally accepted that an onion should con-



tain at least 6 percent sugar to be in the "sweet" category. OSO Sweet onions have shown the highest recorded sugar content at 12 percent, beating out the other sweet onions. In fact, they usually contain 50 percent more sugar than Vidalias.

OSO sweets are available from January to March, which makes them an ideal winter vegetable that the entire family can enjoy together. Togetherness is what makes family meals enjoyable. But it is important, too. According to a 2000 White House Council of Economic Advisors' report, teenagers who had dinner with their parents are far more likely to avoid smoking, drinking, violence, suicide and drugs. It is never too early to start getting everyone to sit down together.

That togetherness can begin in the kitchen. Cornell University research has shown that children who have had opportunities to prepare nutritious foods will be more likely to eat those healthy meals. So get your children to help out making the family meal.

This recipe for Roasted Balsamic Brown Sugar Onions is ideal for getting them involved. You cut the onions and place them in the dish and have the kids help by sprinkling on the remaining

ingredients. They will be so proud of their accomplishment in the kitchen and will gobble it up at the table.

Roasted Balsamic Brown Sugar Onions

Makes 6 servings

- 3 OSO sweet onions**
- ¼ cup butter, melted**
- 2 tablespoons balsamic vinegar**
- 3 tablespoons brown sugar**
- Salt and ground black pepper**

Heat oven to 375°F. Cut the onion in quarters or halves through the stem end, keeping the stem intact. Remove brown outer layers of peel.

Place the onions in a 13 x 9 inch glass baking dish with ¼ cup water and drizzle with butter and balsamic vinegar. Sprinkle with brown sugar, salt and pepper.

Bake, covered with foil, for 30 minutes, then uncover and roast, basting occasionally until tender and golden, about 30 to 45 minutes longer.

For more sweet onion information and tasty recipes for the whole family, visit SweetOnionSource.com.