

# Cooking Contest Corner

## Serving Up Sweet Vidalia Onions

(NAPSA)—Although they can be described as sensational, sweet onions are not an overnight sensation. The mild, sweet flavor of Vidalia onions has been three generations in the making.

The onions are to this day hand planted and hand harvested much like they were back in the 1930s. Only onions grown in a certain region in southeast Georgia can claim this name and a sweetness that 75 percent of onion lovers prefer.

The sweet flavor of these onions has even inspired a contest, the Original Sweet Onion Trivia Contest, which runs through Aug. 15. The trivia game features key questions on the history of and facts about the onions. Participants can visit [vidaliaonion.org](http://vidaliaonion.org) to submit trivia answers for a chance to win a trip for four to Savannah, Ga.

The sweetness of Vidalia onions and peaches is best showcased in recipes that are not overloaded with other ingredients. This salad, featuring grilled Vidalia onions, is simple but sure to deliver a unique burst of flavor.

### Grilled Vidalia Onion and Peach Salad

#### Ingredients:

- 1 cup baby leaf lettuce
- 1 Vidalia onion, sliced into ½-inch rings
- 1 peach, sliced in half
- ¼ cup goat cheese, crumbled
- 1 teaspoon Dijon mustard



**This delicious salad combines the sweet flavors of peaches with a special variety of onions.**

- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste

#### Instructions:

Prepare grill (medium-high heat). Brush sliced onions with olive oil, season with salt and pepper. Grill onion slices and peach until tender, about 4 minutes per side. Thinly slice peaches.

For the dressing, simply whisk together Dijon mustard, vinegar, olive oil, salt and pepper.

In another large bowl, toss together the lettuce, freshly grilled sliced peaches and onions. Drizzle with dressing and sprinkle goat cheese on top. Serve immediately.

*Recipe courtesy of Jon Ashton, Vidalia Onion Committee Chef Advisory Board member.*