

Simply Sensational

Storage Onions Add A New Layer Of Flavor To “Sides”

(NAPSA)—For most people, the best part of family feasts isn't the main course—it's a favorite side dish.

And in making their sides, many creative chefs use a not-so-secret ingredient to kick things up a notch: onions. Even those who don't have time to cook things “the old-fashioned way” can take advantage of the onion's hearty flavor, which remains yummy even when prepared using microwave cooking.

Onions available August through April have multiple layers of thick, dark, papery skin, an intense flavor and a higher percentage of solids. Harvested in the fall/winter, these onions are called storage onions. Their low water content allows them to keep for weeks—even months—in a cool, dry, well-ventilated place.

Their intense flavor turns mellow, sweet and savory when heat is applied as in sautéing, steaming and roasting. Storage onions are an excellent choice for any dish that requires a longer cooking time and a rich flavor.

Savory Onions with Ginger-Cider Sauce will soon become a family favorite. The mixture of sweet and zesty flavors will bring this side dish front and center at your family gatherings.

SAVORY ONIONS WITH GINGER-CIDER SAUCE

- 4 medium-large onions (about 2 pounds)**
- 3 Tbsp. apple jelly**
- 2 Tbsp. spicy mustard**
- 1 Tbsp. grated gingerroot**
- 1 Tbsp. cider vinegar**
- 1 Tbsp. cornstarch**
- 1 cup apple cider (or apple juice)**



Bring a zesty flavor to the table by using fall and winter harvested storage onions.

Trim and peel onions; halve crosswise and place in 1½- to 2-quart microwave-safe baking dish. Add 1 inch of water, cover dish with lid or transparent wrap and cook at High power for 20 minutes, rotating dish once, or until fork-tender.

Meanwhile, combine apple jelly, mustard, gingerroot, vinegar and cornstarch in saucepan, stirring with wire whisk until blended. Stir in apple cider and cook, stirring over medium heat, until sauce is thickened and comes to a boil. Drain onions and serve with sauce. Makes 4 servings.

Nutrition information per serving: About 168 calories, 3g protein, 39g carbohydrate, 1g fat, 5 percent calories from fat, 0mg cholesterol, 113mg sodium, 4g fiber.

To learn more, and for additional recipes, visit the Web site at www.onions-usa.org or send a SASE to National Onion Association, Dept. 2007, 822 7th Street, Suite 510, Greeley, CO 80631.