



# Onions and Garlic

Yellow, Green and Sweet Onions, Scallions, Shallots and Garlic

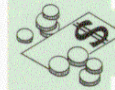


★ A Nutritional Superstar that protects your health ★



## Time Saver

You can keep homemade roasted garlic, covered, in the refrigerator for up to one week. Use as needed for garlic toast, salad dressing, or in pasta sauce.



## Money Saver

Extra onions may be peeled, chopped and frozen. Double or triple wrap for storage so the odors do not penetrate other foods.

## Buying/Storing

**Buy** onions and garlic that are fresh looking, firm, clean and without cracks, cuts or moldy spots.

**Store** for up to 3 weeks in a cool dry place where air can circulate around them.

## Food Safety

**Wash** vegetables thoroughly with cool running water just before peeling or cutting.

**Refrigerate** leftovers promptly.



## Snack Attack

★ Roasted garlic becomes creamy and sweet tasting. Spread on breads and use in appetizers.

★ Cooking onions until they are golden brings out their sweet, mild flavor. Use to top breads and sandwiches or on mashed potatoes.



## Kids' Corner

### After School Pizzas

Squeeze roasted garlic on French bread. Top with tomato slices and some grated mozzarella cheese and pop in the microwave until the cheese is melted. Let cool for a few minutes and eat.

## Oven Baked Onion Rings

- 2 tablespoons vegetable oil
- 1 cup finely ground toasted bread crumbs
- ¼ cup flour
- ½ teaspoon salt
- 1 egg
- 1 large mild onion, peeled and cut into ¼ inch slices

- Heat the oven to 425°. Line a large shallow baking sheet with foil. Brush with oil. Stir bread crumbs, flour and salt together and spread on a large plate. Whisk the egg slightly. Separate the onion rings, dip in egg and press into the bread crumb mixture, turning to coat both sides.
- Place breaded onion rings in a single layer on the pan and bake for 15 minutes. Turn over and bake for another 15 minutes or until golden and crispy. Sprinkle with additional salt if desired.



## Roasted Garlic

- Line a small oven proof dish with aluminum foil. Cut off ½ inch from the stem end of a whole bulb of garlic and place the bulb, cut side up, in the dish. Drizzle the cut surface with a tablespoon of olive oil and bake at 350° until cloves are soft to the touch.
- Cool for 10 minutes and squeeze the pulp out of the skin.



## Caramelized Onions

Peel and slice an onion into ¼ inch slices; break into rings. Heat 1 to 2 tablespoons oil in large skillet. Over medium to low heat, fry the onions until caramel colored, stirring often. A teaspoon of sugar may be sprinkled over the onions about halfway through cooking to help them brown.

## Yellow Onions ...

are the most common, have the strongest flavor and are usually used for cooking.

## Shallots ...

have a mellow flavor. Use in mild flavored dishes or roast like garlic. Use young, green shallots as you would green onions or scallions.

## Sweet Onions ...

such as Walla-Walla, have a sweet flavor and are often used raw.

## Garlic ...

has a reputation for a powerful flavor and aroma. The small, white-skinned variety is the strongest. Elephant Garlic sometimes grows as large as a baseball, but it is very mild.

## Green Onions ...

or scallions are tender new onions with a mild flavor. The white bulb is used when a mild onion flavor is desired.



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