

Onion

Nutritional Facts

One raw onion measuring approximately 2.5 inches in diameter

- **Calories: 44**
- **Fat: 0.1g**
- **Sodium: 4.4mg**
- **Carbohydrates: 10.3g**
- **Fiber: 1.9g**
- **Sugars: 4.7g**
- **Protein: 1.2g**
- **Potassium: 161mg**
- **Vitamin C: 8.1mg**
- **Folate: 20.9mcg**

Onions are members of the **Lily** family. They are a highly aromatic vegetable used in cuisines around the world. Onions are **nutrient-dense**, meaning they're low in calories, but high in vitamins and minerals.

Onions are particularly high in **Vitamin C**, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption. Onions contain antioxidants and compounds that fight inflammation, and reduce cholesterol levels — all of which may **lower heart disease risk**.

Onions are a great way to add savory flavor to food without a lot of calories or blood pressure-raising sodium (just like **garlic** and **shallots**).

Simple Sautéed Onions



Sautéed Onions are a building block of the kitchen: you can use them on sandwiches, in grilled cheese, in dips, or even as a side dish. They're tender, golden brown, and make anything more rich and savory: yet they only take 10 minutes to whip up! Here's all about how to saute onions:

1. Slice 3 medium-sized yellow onions.
2. In a large sauté pan or skillet, heat 2 Tbsp of olive oil over medium high heat. Add the onion and cook for 4 minutes, stirring occasionally.
3. Add 1/2 tsp of kosher salt and fresh ground black pepper and cook another 4 to 5 minutes, stirring occasionally.
4. Taste to assess doneness and add a few pinches of salt until the flavor pops.

Caramelized Onion Pasta



- 4 Tbsp. extra-virgin olive oil
- 2 lb. onions (about 3 large), thinly sliced
- 2 garlic cloves, thinly sliced
- 1/4 tsp. crushed red pepper flakes (optional)
- 1 1/2 tsp. kosher salt, plus more
- 12 oz. linguine or other long pasta
- 1/2 cup of Parmesan, finely grated
- 1/2 cup parsley, finely chopped (optional), plus more for serving
- Freshly ground black pepper

1. Heat oil in large pot. Add onions and garlic and cook, stirring occasionally, until very tender and deeply golden brown, about 30 minutes. (Stop before the onions become dry and shriveled.) Add red pepper flakes (if using) and 1 1/2 tsp. salt. Remove pot from heat.
2. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Reserve 1 1/2 cups pasta cooking liquid.
3. Add pasta and 1 cup pasta cooking liquid to onion mixture and stir to combine. Add a small handful of cheese and stir until melted. Repeat with remaining cheese, adding more pasta cooking liquid as needed to create a glossy sauce that coats the pasta. Stir in parsley (if using).
4. Divide pasta among bowls. Top with Parmesan, parsley, and a few cranks of pepper.

Simple Onion Soup



- 2 tablespoons unsalted butter
- 4 medium onions 6 oz each, sliced into thin rounds
- Pinch salt
- 2 tablespoons all-purpose flour*
- 1/2 cup dry white wine
- 1 quart beef broth not low-sodium
- 1/8 teaspoon black pepper
- 1/4 teaspoon dried thyme

1. Heat the butter in a large saucepan over medium heat, about 4 minutes. Add the onions with a pinch of salt and patiently cook, stirring often, until caramelized, 15-20 minutes. If the pan becomes too dry during cooking, add a splash of water (1-2 tablespoons).
2. Add the flour and mix with a wooden spoon about 1 minute, until it starts to brown.
3. Add the wine. Mix well. Cook about 2 minutes, until most of the wine evaporates.
4. Add the beef broth, the black pepper, and the dried thyme. Bring to a boil over high heat. Reduce the heat to medium-low and simmer, uncovered, stirring often, until the soup is noticeably thicker, about 20 minutes. Serve immediately.