

Onions

Storage

Store unwashed in a cool, dark place with good ventilation. They will keep for up to a week.

Nutrition

Onions are extremely beneficial for heart health and heart attack prevention. They are also helpful for increasing bone density and protecting connective tissue. Overall, onions also have anti-inflammatory and anticarcinogen benefits.

Avoid over-peeling to maximize nutrient content.

Preparation

Wash, peel and chop raw, fully mature onions into ½ inch pieces. Bag and freeze in freezer bags for best quality and odor protection. Package - flat - in freezer bags to hasten freezing and make it easier to break off sections as needed.

