

Wise Ways To Use Your Onions

(NAPSA)—From mild and sweet to pungent and spicy, onions make a great side dish, such as this Onion Sauté. They also add layers of flavor when paired with other vegetables.

What's more, onions are good for you. They're high in vitamin C and a good source of fiber with no fat or sodium.

They're also easy to cook with to create all kinds of great dishes. For example, you can use this recipe to make a tasty side dish for grilled or baked meat, fish or poultry, and it only takes about 10 minutes.

Onion Sauté

- 7 medium yellow onions, thinly sliced**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- 1 tablespoon fresh chopped parsley**
- 1 tablespoon fresh chopped chives**
- 1 tablespoon fresh chopped thyme**
- 1 teaspoon butter or margarine**
- 1 teaspoon olive oil**

Break apart onion slices into individual rings and place in large mixing bowl. Set aside. Combine salt, pepper and herbs in small bowl. Sprinkle mixture over onion rings, tossing to combine. Heat butter and oil in large skillet; add onions and cook over medium heat. Cook and stir for about 8 minutes or until onions are soft. Makes 6 servings.

Per serving: About 105 cal, 3 g pro, 21 g carb, 2 g fat, 14% cal from fat, 2 mg chol, 404 mg sod, 3 g fiber.



Know your onions: There are many varieties of this versatile vegetable, with flavors from sweet to sharp, and they all taste great in dishes such as this Onion Sauté.

You can add zest to any meal in minutes with these onion options:

- Use raw onion in salads, sandwiches, burgers, tacos, homemade salsas and relishes for unmatched flavor and crispness.

- Marinate onions in balsamic vinegar for salads and dressings.

- Caramelize onions for a quick and easy side dish or topping for meat.

- Grill onions to spice up your barbecue. Just slice onions and brush with olive oil, then grill over medium coals until tender and slightly charred.

- Fill hollowed-out onions with soup, chili, rice, pasta, meat or vegetables and bake for a yummy one-dish meal.

- Place onions in a roasting bag with meat or in a slow-cooker stew for savory, mouth-watering flavor.

- Microwave onions have a tender texture and mild, pleasing flavor, which is great for a quick, easy side, casseroles or quiches. For a microwave onions recipe, visit <http://bit.ly/easymicro-onions>.