



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Sweet Benefits of Sweet Onions!

Did you know that onions can positively impact your body and overall well-being?

- ✓ Immunity and skin protection from their excellent source of Vitamin C
- ✓ Digestive health benefits from their dietary fiber
- ✓ Reduced inflammation and oxidative stress from antioxidants, including quercetin
- ✓ Improved cholesterol, blood pressure and cardiovascular health

Onions are much more than just a flavorful addition to your favorite dishes. From their nutrient-rich profile to their antioxidant properties, they've proven to be a superfood in the kitchen. Next time you prepare a meal, include some onions.

Your body will thank you for it!

Take a dip with your snacks this summer.

These onion-filled recipes are a great option for personal or party snacks!

Caramelized Vidalia Onion Dip

Ingredients:

- 3 Vidalia onions, caramelized
- 2 cups cottage cheese
- 1 cup Greek yogurt or sour cream
- 1 tsp. soy sauce
- 1 tsp. garlic powder
- 1 Tbsp. butter
- 1 cube beef bouillon
- 2 Tbsps. green scallions - diced
- Salt and pepper to taste



Recipe (edited)
and image courtesy of
RealSweet.com.

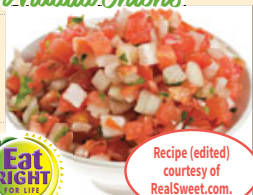
Directions:

1. Once the onions are caramelized, add the beef bouillon and butter to the same pan and stir well. Remove from heat and allow the onions to cool.
2. Add the cottage cheese, Greek yogurt or sour cream, garlic powder, and soy sauce into a medium-sized bowl and stir well.
3. Add the cooled caramelized onions and 1 Tbsp. of scallions to the cottage cheese mixture. Stir.
4. Add salt and pepper to taste. Top with remaining scallions.
5. Cover for at least 2 hours or until ready to serve.
6. Serve with your favorite vegetables, chips, or pretzels.

Homemade Pico de Gallo with Vidalia Onions

Ingredients:

- 4 medium tomatoes, diced
- 1 cup Vidalia onion, diced
- 1 jalapeno pepper, diced
(remove seeds for less heat)
- 1/2 cup cilantro, chopped
- Juice from 1 lime
- Salt and pepper, to taste



Directions:

1. Add all ingredients to a medium-sized bowl. Stir well.
2. Enjoy immediately or cover and refrigerate overnight.
3. Serve with your favorite chips or veggies.



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