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## Onions & Leeks



### Nutrition Facts

Serving Size 160 g

#### Amount Per Serving

Calories 64 Calories from Fat 1

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Serving size: 1 cup chopped  
(160 g)

### Fun Facts about Onions & Leeks

- Abundant and inexpensive, onions are one of the oldest vegetables and continue to be a dietary staple throughout the world.
- In addition to serving as a food, onions were prescribed to alleviate headaches, snakebites, and hair loss by ancient cultures on both sides of the Atlantic.
- Leeks were prized by the ancient Greeks and Romans and were especially revered for their beneficial effect upon the throat.

### Reasons to Eat Onions & Leeks

- ✓ Onions and leeks are a good source of manganese, which supports bone health.
- ✓ Both are a source of Vitamin C, which helps the body prevent colds and heal cuts.
- ✓ Both also contain fiber, which supports healthy digestion.
- ✓ Leeks are an excellent source of Vitamin K, which helps cuts create a scab and begin the healing process.

### Healthy Serving Ideas

- Serve diced onions on your taco, or pizza—a favorite!
- Add cooked leeks to mashed potatoes for added vitamins and minerals.
- Try sautéing onions and adding them to a bratwurst or in a stir-fry.
- Add to soups or stews for extra flavoring.
- Add finely chopped leeks to salads.
- Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.

### Produce Tips

- ✓ Onions should be firm with no soft spots and have a consistent color.
- ✓ Leeks should have long, white stems with a few roots still attached. Avoid leeks with wilted leaves.
- ✓ Onions can be kept at room temperature for a few weeks. Leeks can be stored in the refrigerator for 5-10 days.



## Onion & Leek Recipes



### **Quick Onion Relish**

- |   |                                 |
|---|---------------------------------|
| 1 medium red onion, cut in half and thinly sliced | 3 tablespoons fresh lemon juice |
| 1 tablespoon extra-virgin olive oil               | 2 teaspoons honey               |
| 1/4 teaspoon kosher salt                          | 1/8 teaspoon cayenne pepper     |

Combine all the ingredients in a small bowl and serve alongside grilled poultry, meat, or seafood.

### **Onion, Leek & Potato Soup**

- |   |                                     |
|---|-------------------------------------|
| 4 tablespoons olive oil                                 | 1 large white onion, chopped        |
| 1 1/2 pounds russet potatoes, peeled, diced             | 4 14 1/2-ounce cans vegetable broth |
| 3 large leeks (white and pale green parts only), sliced |                                     |

Heat oil in heavy large pot over medium-low heat. Add leeks, potatoes and onion. Sauté until onion is tender, stirring occasionally, about 12 minutes. Add broth and bring soup to boil. Reduce heat to medium-low. Simmer until all vegetables are tender, about 20 minutes. Working in batches, puree 5 cups soup in blender. Return to pot. Serve warm.

### **Easy Baked Onion Rings**

- |                            |                            |
|----------------------------|----------------------------|
| 1 1/2 cups bread crumbs    | 1/2 teaspoon seasoned salt |
| 1/4 teaspoon garlic powder | 2 large onions             |
| 2 eggs, beaten             |                            |

Combine bread crumbs, seasoned salt, and garlic powder, and set aside. Combine eggs, and beat till frothy. Slice onions into rings. Dip onion rings into egg mixture, and then into bread crumbs. Arrange in single layer on a greased baking sheet. Bake in oven at 375° for 20 minutes, or until done. Serve warm.

### **Healthy Herb Onion Bread**

- |   |                               |
|---|-------------------------------|
| 1/2 cup soy milk                                    | 1 1/2 Tbsp. sugar             |
| 1 tsp. salt   | 1 Tbsp. margarine             |
| 1 package active dry yeast                          | 1/2 cup lukewarm water        |
| 2 1/4 cups unbleached all-purpose/whole wheat flour | 1/2 small onion, minced       |
| 1/2 tsp. dried dill                                 | 1 tsp. crushed dried rosemary |

Heat the soy milk until tiny bubbles form around the edge of the pan, and stir in the sugar, salt, and margarine; cool to lukewarm (see note about lukewarm temperature in the previous recipe). In a large bowl, dissolve the yeast in lukewarm water. Add the cooled soy milk mixture, flour, minced onion, and herbs and stir well with a wooden spoon. When the dough is smooth, cover the bowl with a towel and let the dough rise in a warm place until triple in bulk, about 45 minutes. Preheat the oven to 350°F. Stir the dough down and beat for a few minutes, then turn into a greased 8 x 4-inch bread pan. Let stand in a warm place about 10 minutes before baking for 1 hour, or until done. Serve warm, or store in air-tight container for later.

Search online for additional healthy recipes: onion soup, leek sautés, onion bakes, etc.