

Subject: March Newsletter – Onions

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In March (and year-round), you can find onions the grocery store. Onions are an edible bulb that grow under the soil. They store well in a cool dark place and that is why you can find them in the grocery store when things aren't growing much in the cold CT climate. Onions are a good source of B vitamins which help your cells grow and stay healthy. They contain vitamin C which is good for our immune system and healing. They also have lots of fiber which is good for digestion. Onions are considered an aromatic vegetable, they are commonly used to flavor dishes and can be chopped small and add flavor to most dishes in most cultures. You can buy them in bulk when they are on sale and they will last a long time in a cool dark cabinet at room temperature.

How to prepare onions:

- Cut off stem and root of onion, remove outer skin, cut in half and lay each side on the flat side to slice or chop
- When you need only a small portion of an onion, do not peel the whole onion. Cut off the size you need and peel it. The remainder will keep longer in the refrigerator with the skin on.
- To make them last you can make pickled onions which are a delicious addition to many dishes

Check out these recipe links that highlight Onions:

<https://www.mainesnap-ed.org/recipes/sauteed-onions/>

<https://eatfresh.org/recipe/side-dish/quick-pickled-onions>

<https://eatfresh.org/recipe/soups/french-onion-soup>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference:

<https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!