

## The Power of Onions

Most of us know the feeling of chopping up onions and the watering and burning in your eyes. Sometimes you wonder, are onions really worth the tears. The answer is yes.

Those onions that can make you cry sometimes are used in a variety of dishes. They come in many varieties with the most popular being red, yellow, white, green or scallions and Vidalia onions.

Onions are grouped in to two categories: strong flavored which are often called American and milk flavored often called European.

Onions have a lot of nutritional value. They can help fight heart disease. The oils in the onions help lower the LDL, the bad cholesterol in the blood stream while increasing the HDL which is the good cholesterol levels in the blood stream.

Onions are also a good source of Vitamin C which boosts the immune system, vitamin B which is good for cell health, treating anemia and for pregnant women and vitamin K which is good for blood health. Only green onions and scallions contain vitamin A which is good fo vision, development and growth and the immune system.

Onions are also a good source of dietary fiber which is good for the digestive system. They also contain calcium, iron and protein.

A lesser known benefit of onions is that they are a good source of the powerful antioxidant quercetin. Quercetin is most effective when consumed in its natural form and it helps with hear health, allergy prevention, prostate health, and joint health.

Select onions chose ones that are firm and dry with bright, smooth outer skins. Onions should be stored in a cool dark, well ventilated place and use with four weeks of purchase. Green onions should be refrigerated in the crisper for three to five days and washed thoroughly with water before eating.

### **20 Minute Chicken Creole (8 servings)**

#### **Ingredients:**

- 1 tablespoon of vegetable oil
- 2 whole, boneless, skinless chicken breasts
- 1 can (14.5 oz.) diced tomatoes, with juice
- 1 cup of chili sauce
- 1 large, chopped green pepper
- 2 chopped celery stalks
- 1 chopped onion

2 minced garlic cloves

1 teaspoon each of dried basil and parsley

¼ teaspoon each of cayenne pepper and salt

**Directions:**

In an electric skillet, add the vegetable oil and chicken to a skillet and cook the chicken for 3-5 minutes. Lower the heat to 300 degrees and add the tomatoes, onions, celery, etc. Bring to a boil and simmer to 10 to 15 minutes. Serve over rice or whole wheat pasta.

Nutrition value for the Chicken Creole without rice or pasta: 76 calories, 3 g. fat, 8 g. protein, 251 mg. sodium, 6 g. carbohydrates, 2 g. fiber, 34 mg. calcium.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guidr/onions>