

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Onion



You can find POW! info sheets on the EHHD website!
www.ehhd.org

Look for
Produce of the Week

What veggie brings tears to your eyes?

ONIONS!

- ◆ Look for onions that feel dry and solid all over, with no soft spots or sprouts. The neck should be tightly closed and the outer skin should have a crackly feel and a shiny appearance.
- ◆ Onions should be kept in a cool, dry open space away from bright light.
- ◆ Onions keep best in an area that allows for air circulation.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Onions are a good source of Vitamin C.
- They contain no fat, cholesterol or sodium.
- A typical serving size is 1/2 cup, which contains about 35 calories.

Did you know ?

- ◆ You can get rid of onion breath by eating fresh parsley.
- ◆ Americans eat 18.8 pounds of onions on average each year.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Try these delicious, nutritious and healthy recipes!

Sweet Onion-Pineapple Salsa

INGREDIENTS

- ♦ ½ cup chopped sweet onion
- ♦ 2 cups pineapple
- ♦ ½ cup diced red bell pepper
- ♦ 1 tbsp chopped cilantro
- ♦ 1 tbsp chopped jalapeno
- ♦ 1 tbsp lime juice

DIRECTIONS

- ♦ Combine all ingredients, stirring until blended.
- ♦ Serve with grilled meats or as a dip with toasted corn tortillas

Onions can be found in a variety of flavors all year long and are a tasty addition to salads.



Avocado and Green Onion Dip

INGREDIENTS

- ♦ 1/2 medium avocado, peeled
- ♦ 1 cup low fat cottage cheese
- ♦ 3/4 cup plain, non-fat yogurt
- ♦ 1/2 cup sliced green onions
- ♦ 1/4 cup shredded carrots
- ♦ 1 Tbsp fresh lemon juice
- ♦ 1/4 cup non-fat mayonnaise
- ♦ 2 cups broccoli florets
- ♦ 1 cup cucumber slices
- ♦ 28 melba toast rounds

DIRECTIONS

1. Dice avocado into small pieces, toss with lemon juice and set aside. In food processor or blender, blend cottage cheese, yogurt and mayonnaise until smooth.
2. Add cottage cheese mixture to avocado, gently stirring in onions and carrots. Cover and chill. Serve with vegetable pieces and melba toast rounds.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!