



Onion

Dakota: Psin

Lakota: pšín

Pick it!

Onions are yellow, red or white.

They have firm flesh and dry, crackly outer skins. Avoid any soft spots or sprouts.

Green onions (scallions) have a smooth root and hollow green stem; both can be eaten and have a mild flavor.

Onions provide flavor and health promoting phytochemicals and nutrients.

Store in a cool, dry space away from bright light.

Chill in refrigerator before cutting to reduce chance of tears.

Lemon juice or vinegar removes smell from hands.



Try it!

Onions eaten raw or cooked, remove outer layer of skin and chop.

Onions may be boiled, braised, baked, microwaved or sautéed.

Yellow onions: full flavored, work in most cooking. When cooked, they become sweeter and turn brown.

Red onions: used fresh or grilled.

White onions: used in classic Mexican cuisine.



Types of Onion

Yellow: Sweetest, great for cooking and eating raw

Red: Most popular for raw eating, stronger flavor than yellow and white

Green: Milder and softer, use root and stem as garnish, omelets, soups



Did you know...

Vitamin B6, pyroxidine, helps make glucose, releases energy, helps with protein digestion, and supports a healthy immune system.

Like it!

Onion and Celery Seed Relish

Ingredients

- 1 cup white wine vinegar or distilled white vinegar
- 2 Tablespoons powdered sugar
- 2 Tablespoons celery seeds
- 2 cups thinly sliced small onions, no green tops
- 1 cup finely chopped celery
- ½ teaspoon red pepper flakes

Directions

1. Mix vinegar and sugar in a salad bowl until sugar is dissolved.
2. Add celery seed, pepper flakes, onions, and celery.
3. Mix until all ingredients are combined evenly.
4. Cover and chill.
5. Chill for several hours or overnight.
6. Serve cold alongside your favorite poultry or fish dish.

Yield 12 servings

Nutrition Facts per Serving:
Calories 20; Fat 0g; Cholesterol 0mg; Sodium 10mg;
Carbohydrates 5g; Fiber 1g; Sugar 3g; Protein 1g

Dakota Perspective (Wild onions)

Dakota: Psin

Lakota: pšín

Harvested in early spring the wild onion has a sweet flavor and was used to flavor roasted meats, stew, soups and to make broth or tea.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.

Easy Summer Salad

Ingredients

- 1 cucumber (peeled, cut into small cubes)
- 1 red onion (peeled, cut into small cubes)
- 2 tomatoes (cut into small cubes)
- 1 clove garlic
- 4 tablespoons lemon juice
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- Black pepper (to taste)

Directions

Add cucumbers, onions, tomatoes, and garlic in a large bowl. Stir in lemon juice, salt, and pepper until well mixed. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Yield 2 servings

Nutrition Facts per Serving:
Calories 80; Fat 4g; Cholesterol 0mg; Sodium 160mg;
Carbohydrates 13g; Fiber 2g; Sugar 7g; Protein 2g

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