

Onion

Dakota: Psin

Lakota: pšín

- Yellow, red or white: firm flesh, dry, crackly outer skins.
- Avoid any soft spots or sprouts.
- Green onions, scallions: smooth root, hollow green stem; both edible, mild flavor.
- Store: cool, dry, dark area.
- To reduce tears, chill in fridge 5 min before chopping/cutting.
- Onions eaten raw, boiled, braised, baked, microwaved or sautéed.
- Yellow onions: full flavored, works in most cooking
- White: common in Mexican food
- Red: fresh or grilled.

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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

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