

95 WORDS, 30 SECONDS

FOOD FACTS

Onions are used in a wide variety of recipes and in nearly every ethnic cuisine. Yellow onions are the most popular, whether raw or roasted. Cooking brings out their nutty, mellow flavor especially when caramelized. Red onions are increasingly popular, especially on salads, sandwiches and on the grill. White onions are commonly used in Mexican dishes, sauces and pasta salads. With so many ways they can be used, it's easy to see why the National Onion Association says onions are among the most versatile vegetables. For recipe ideas, visit onions-u-s-a-dot--org.