

# Cooking Corner Tips To Help You

## Onions Sizzle With Flavor And Nutrition

(NAPSA)—Here's good news for taste connoisseurs who watch what they eat: crisp, flavorful onions are considered by many to be one of nature's original health foods.

These delicious root vegetables have only 30 calories per serving and can add important nutrients and valuable antioxidants to a diet. Onions are sodium, fat and cholesterol-free, provide dietary fiber, vitamin C, B6 and potassium and have even been shown to help guard against many chronic diseases.

If you're looking for a delicious dish, filled with flavor and nutrients, try the following recipe.

### SIZZLING STEAK AND ONION FAJITAS

#### MARINADE

- 1 cup chopped onion
- 10 garlic cloves
- 5 Serrano peppers, or other hot peppers, stemmed and seeded
- ½ cup lime juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 4 teaspoons chile powder

#### OTHER INGREDIENTS

- 1¾ lb. top sirloin steak, 1 inch thick
- 2 tablespoons *each* butter and olive oil
- 3 medium fresh onions, wedged
- 3 bell peppers, cut into narrow strips
- 12 flour tortillas
- 2 limes, wedged (optional)
- 1 lb. Jalapeño Jack Cheese, grated
- Sour cream
- Salsa



**Sizzling Steak and Onion Fajitas can be a tasty way to help keep your family happy and healthy.**

**For marinade, finely chop onion, garlic and peppers. Add remaining marinade ingredients and blend well. Reserve half of marinade and refrigerate. Spread remaining marinade on steak, coating all sides. Cover and marinate in refrigerator 2 to 12 hours.**

**Remove steak and discard marinade. Grill steak at high heat 8 to 10 minutes. Heat butter and oil in a large skillet over high heat. Add onions and peppers, sautéing until tender. Mix reserved marinade into onion mixture and heat through. Slice steak across grain into narrow strips. Toss with onion mixture in skillet.**

**To assemble fajitas, fill tortilla with beef-onion combination. Squirt with lime juice if desired. Top with grated cheese, sour cream and salsa. Makes 6 servings.**

For more recipes using onions, send a stamped, self-addressed envelope to the National Onion Association, Department N, 822 7th Street, Suite 510, Greeley, CO 80631. For additional information, visit the National Onion Association's Web site at [www.onions-usa.org](http://www.onions-usa.org).

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*Note to Editors: Article can be run in conjunction with the holiday Cinco de Mayo (May fifth).*