



Delightful Food Ideas

Dip Into Onions

(NAPSA)—Delicious and healthy party snacks shouldn't be something to cry about. Just dip into a tasty onion.

Whether diced, sliced, fried or fresh, onions can add a savory flavor and new dimension to virtually every meal. Onions add zest to salads, stews, pizza, soups, sauces and more.

Not only do onions provide flavor, they're good for you too. Onions contain quercetin, an antioxidant. Antioxidants are compounds that help delay or slow damage to cells.

Here are some fun ways to invite onions to your next party:

- Add flare to your next gathering with an onion peach salsa, a terrific topping for grilled meats.

- Spice up a fiesta with charred red onion salsa, a fiery accompaniment to almost any southwestern or Mexican dish.

- Round out tailgate parties with the ever-popular beer-battered onion rings.

Try this creamy onion dip recipe from the National Onion Association:

CREAMY ONION DIP

- 2 cups finely chopped onions**
- 1 tablespoon olive or vegetable oil**
- 1 teaspoon paprika**
- 1 cup regular or light sour cream**
- Salt and pepper, to taste**



Onions can add layers of flavor to almost any occasion.

Heat oil in large skillet. Add onion; cook over medium heat stirring often for 3 minutes, or until barely tender. Stir in paprika. Combine onion mixture and sour cream in medium bowl. Add salt and pepper, to taste. Cover; refrigerate until ready to serve. Makes 1 $\frac{2}{3}$ cups.

To serve any dip in an onion bowl: Cut off top third of large yellow, red or white onion. Trim small edge off root end to make flat support. Peel onion. Scoop out inner layers, leaving outer two layers intact. Spoon dip into hollow onion.

For a free brochure with more onion information and recipes, send a stamped, self-addressed business-sized envelope to the National Onion Association, Dept. N, 822 7th St., Suite 510, Greeley, CO 80631 or visit www.onions-usa.org.