



SPRING AND SUMMER SUPPLEMENT:

SEASONAL LAYERS FOR SPRING AND SUMMER

Seasonal Layers for Spring and Summer

Spring is in the air and summer will soon follow. Warm weather months mean plenty of opportunities exist to engage shoppers with new meal ideas, shopping and eating tips, and recipes to meet their seasonal needs - from spring parties to lighter, plant-based meal options, and outdoor grilling.

In this 'Seasonal Layer' supplement to the Retail Dietitian Toolkit <https://bit.ly/3YzJvzl>, the National Onion Association has provided meaningful, turn-key content to incorporate into your wellness programs in addition to helping drive store-wide sales.

IN THIS SEASONAL LAYER:

Spring Celebrations *(March-May)*

- Article: **Delicious, Hassle-Free Spring Parties!**
Includes two party menu plans
- Media or Video Segment
- Social Media Posts

Plant-Based Power Bowls *(May-July)*

- Nutritional Power-Packs in a Bowl
- Social Media Posts

Summer Grilling *(June-August)*

- Meal Solution Bunker Recipe Display
- Media or Video Segment
- Social Media Posts





Spring Celebrations

Blog or Newsletter Article: Delicious, Hassle-Free Spring Parties!

We all know what the spring season brings . . . flowers, beautiful weather, and fun parties. Easter, Cinco de Mayo, Mother's Day and graduations bring family and friends together; and at (insert your retailer's name) we make it simple to get your party started! Check out these easy, delicious recipes to give your party planning menu a healthy twist.

1. Hassle-Free Brunch

From Easter to Mother's Day, this brunch menu is a special, flavorful treat for you and your guests. The recipes are easy to prep in advance, and store purchased side dishes ensure you spend more time with your company and less time in the kitchen. Keep this menu handy for other celebrations like weddings or baby showers.

2. Hassle-Free Brunch Menu:

Citrus Mimosas

Vegetable Strata with Red Onions and Gruyere

Fresh Fruit Tray (store produce department)

Mini Muffins (store bakery)

Hassle-Free Brunch Recipes



Recipe courtesy of Sarah at sarahbakesgfree.com

Citrus Mimosas

Want to try a fun, new drink? This blend of sparkling white wine, fresh citrus and orange juice is refreshing and easy to make.

Makes 8 servings

INGREDIENTS:

1 bottle champagne or prosecco chilled*
2 Tablespoons lemon juice
2 Tablespoons lime juice
Thin slices of oranges, lemons and limes
3 cups of orange juice, chilled

*Non-alcoholic option: use equivalent volume of sparkling
cider or sparkling water.

DIRECTIONS:

In large pitcher, add champagne, lemon juice, lime juice and citrus fruit slices. Slowly pour in orange juice. To serve: pour prepared mimosas into champagne flutes or wine glasses and serve.

Per serving: 120 calories, 0.73g protein, 0.12g fat,
13.7g carbohydrate, 0.3g fiber, 6mg sodium



Photo and recipe courtesy of Lori Rice

Vegetable Strata with Red Onions and Gruyere

Strata is a great addition to a breakfast or brunch. This is an easy recipe to make ahead or throw together when guests arrive at the last minute. When making it ahead of time, store it in the refrigerator until ready to bake and serve hot.

Makes 8 servings

INGREDIENTS:

- 8 cups cubed sourdough bread*
- 1/2 cup broccoli florets, finely chopped
- 1/2 cup carrots, shredded
- 1/2 cup white button mushrooms, sliced
- 1 cup gruyere cheese, shredded
- 1 medium red onion, diced (about 1 cup)
- 6 large eggs
- 3 cups whole or low-fat milk
- 1 teaspoon fine sea salt
- 1/4 teaspoon black pepper, ground

*Bread and Cheese Options: Sourdough bread creates a delicious base for this strata, but this an anything-goes kind of recipe so feel free to swap out the sourdough for your favorite whole grain bread. White cheddar, Gouda, or Swiss cheese are great options if you don't care for gruyere. Add a half cup of cooked bacon crumbles or diced ham, for a hearty version.

DIRECTIONS:

Preheat the oven to 350 degrees F. Grease a casserole dish, about 9-by-13-inches, with butter or non-stick cooking spray.

Place the bread cubes in the casserole dish. Sprinkle the broccoli, carrots, and mushrooms over the bread. Next spread the cheese over the top, and then the onion.

In a large bowl, whisk together the eggs, milk, sea salt, and pepper. Pour the liquid into the casserole dish and gently press down on the bread cubes to soak them with the liquid.

Cover with foil and bake for 35 minutes. Remove the foil and bake for an additional 15 to 20 minutes, until it bubbles around the edges and the corners of any exposed bread start to brown. Let sit 5 minutes before cutting to serve.

Per serving: 269 Calories; 13.4g Protein, 13g Fat, 24.5g Carbohydrates, 632mg Sodium, 1.5g Fiber



Cinco de Mayo Celebration

This delicious menu uses convenient ingredients from around our store and makes it easy to celebrate May 5 with your besties! Make the salsa the day before your party and let the tacos cook in your slow cooker the day of the festivities.

1. Cinco de Mayo Menu:

Pre-made Margaritas

Black Bean & Corn Salsa

Slow Cooker Chicken Tacos



Recipe courtesy of John Schlimm from 'The Ultimate Beer Lover's Happy Hour'

Image provided by the National Onion Association/onions-usa.org

Black Bean & Corn Salsa

Earthy, sweet, and with a little sizzle, this black bean and corn salsa with bell peppers, red onion, and jalapeño is as eye-catching as it is full-on yummy.

<http://bit.ly/2zhFfFZ>

Makes approximately 2 cups (6 servings)

INGREDIENTS:

- 2 (16-ounce) cans black beans, drained and rinsed
- 1 (12-ounce) can corn, drained and rinsed, or
1 (14-ounce) package frozen corn, thawed
- 1/4 cup chopped fresh cilantro
- 3/4 cup finely diced red, yellow, and/or green bell peppers
- 1 medium red onion, finely chopped
- 1 (14-ounce) can diced tomatoes, partially drained
- 1 jalapeño, finely chopped, or more to taste
- 1 tablespoon canola oil
- 3 tablespoons freshly squeezed lime juice
- 1 teaspoon salt
- 1 teaspoon garlic powder

DIRECTIONS:

Combine black beans, corn, cilantro, peppers, onion, tomatoes, and jalapeño in a large bowl; mix well. Drizzle oil and lime juice over the top, then add salt and garlic powder. Stir. Refrigerate, covered, for 3 hours to overnight. Serve with whole grain tortilla chips.

Per serving: 225 calories, 6.6g fat, 11.6g protein, 35.3g carbohydrate, 6.1g fiber, 655mg sodium



Recipe courtesy of Chef Amanda Leatherman
Image provided by Lori Rice

Slow Cooker Chicken Tacos

Enjoy these healthy slow-cooker tacos that highlight the sweetness of an onion mixed with a little healthy rice. Let the slow-cooker do the work so you can enjoy the festivities.

Makes approximately 8 servings (2 tacos each)

INGREDIENTS:

2 pounds boneless, skinless chicken breasts
1 large onion, sliced
1 (16 ounce) jar thick and chunky mild salsa
3 tablespoons reduced sodium taco seasoning
1/2 cup instant brown rice
1 cup reduced fat sour cream
Hard or soft taco shells

DIRECTIONS:

Place the chicken and onions in the bottom of a slow cooker, top with salsa and taco seasoning. Cook on low for 6 to 8 hours.

Before serving, shred chicken in the slow cooker with two forks. Add rice and sour cream. Stir to combine and continue to cook on low for 30 minutes.

Serve chicken filling in taco shells with desired toppings: Shredded lettuce, shredded 2% cheddar cheese, diced tomatoes, refried beans, hot sauce.

Per serving (without added toppings): 316 Calories, 30g Protein, 5g Fat, 35g Carbohydrate, 710mg Sodium, 5g Fiber



Spring Celebrations

Media or Video Segment:

1. In advance:

Ask television station to post the outline and recipes on their website to ensure more impressions. For Instagram or Facebook Live, post the recipes online or link them to your retailer's website.

2. Props:

Colorful placemats, table setting, margarita glasses, mixing bowl and spoon for salsa ingredients, and a serving tray for salsa and chips.

3. Celebrate Cinco de Mayo with a Healthy Twist!

Cinco de Mayo is a fun holiday to celebrate with family and friends, but these delicious recipes will make you want to have a fiesta any day! We've incorporated some convenient ingredients and cooking methods into our menu plan so your party food will be easy to create and delicious to serve.

4. Demo Menu:

- Black bean and corn salsa is simple to prepare and uses nutrient-rich canned beans, tomatoes, and corn.
- For the main course, simply set up a taco bar with our tasty slow cooker chicken tacos and all the fixings.
- Pre-made margaritas and a variety of beers, or sodas make the menu complete!

Celebrate Cinco de Mayo Demo Recipes



Recipe courtesy of John Schlimm from 'The Ultimate Beer Lover's Happy Hour'

Image provided by the National Onion Association

Black Bean & Corn Salsa

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INGREDIENTS:

- 2 (16-ounce) cans black beans, drained and rinsed
- 1 (12-ounce) can corn, drained and rinsed, or
1 (14-ounce) package frozen corn, thawed
- 1/4 cup chopped fresh cilantro
- 3/4 cup finely diced red, yellow, and/or green bell
peppers
- 1 medium red onion, finely chopped
- 1 (14-ounce) can diced tomatoes, partially drained
- 1 jalapeño, finely chopped, or more to taste
- 1 tablespoon canola oil
- 3 tablespoons freshly squeezed lime juice
- 1 teaspoon salt
- 1 teaspoon garlic powder

DIRECTIONS:

Combine black beans, corn, cilantro, peppers, onion, tomatoes, and jalapeño in a large bowl; mix well. Drizzle oil and lime juice over the top, then add salt and garlic powder. Stir. Refrigerate, covered, for 3 hours to overnight. Serve with whole grain tortilla chips.

Per serving: 225 calories, 6.6g fat, 11.6g protein, 35.3g carbohydrate, 6.1g fiber, 655mg sodium



Recipe courtesy of Chef Amanda Leatherman
Image provided by Lori Rice

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1 large onion, sliced
1 (16 ounce) jar thick and chunky mild salsa
3 tablespoons reduced sodium taco seasoning
1/2 cup instant brown rice
1 cup reduced fat sour cream
Hard or soft taco shells

DIRECTIONS:

Place the chicken and onions in the bottom of a slow cooker, top with salsa and taco seasoning. Cook on low for 6 to 8 hours.

Before serving, shred chicken in the slow cooker with two forks. Add rice and sour cream. Stir to combine and continue to cook on low for 30 minutes.

Serve chicken filling in taco shells with desired toppings: Shredded lettuce, shredded 2% cheddar cheese, diced tomatoes, refried beans, hot sauce.

Per serving (without added toppings): 316 Calories, 30g Protein, 5g Fat, 35g Carbohydrate, 710mg Sodium, 5g Fiber

Spring Celebrations Social Media Content



Facebook:

Celebrating Cinco de Mayo? This colorful Black Bean and Corn Salsa uses convenient canned veggies for a quick and healthy appetizer option that's sure to please! Just pair with some multigrain tortilla chips. <http://bit.ly/2zhFfFZ> #onionista #cincodemayo #enjoyonions



Twitter:

Onion-Peach Salsa! Simple to make and delicious with tortilla chips or on top of grilled chicken! <https://bit.ly/2zWczqo> #enjoyonions



Twitter:

Happy Mother's Day! Whip up this savory Frittata with Onion, Tomato & Basil for a delicious brunch. Mom will thank you! <https://bit.ly/4cklcZJ> #onionista #mothersday #enjoyonions



Instagram:

Spring is in the air and so is our desire for light & refreshing recipes. This Sweet Onion Veggie Salad is perfect for spring meals or entertaining. <http://bit.ly/2wTybik> #springtime #onionista #enjoyonions



Plant-Based Power Bowls

Blog or Newsletter Article: Nutritional power-packs in a bowl

Many people are incorporating plant-based recipes into their weekly meal plan and the summer months are a great time to experiment with plant-based options as local produce is abundant! Plant-based eating provides an abundance of nutrients and helps you moderate calorie intake with plenty of fruits, vegetables, whole grains and plant based protein sources. It doesn't mean you have to go meatless and a variety of protein sources can be used for flexibility.

Incorporating more plant-based meals into your diet is certainly a healthful habit and creating plant-based power bowls is a delicious trend to try! There are endless ways to put together various grains, vegetables, nuts and seeds, protein sources and flavorful sauces to please everyone.

1. Here is an easy equation for building your plant-based power bowl: **Whole Grains + Vegetables + Protein Source + Seasoning/Sauce**

With this easy equation, and the following examples from each category you'll be on your way to building a one-of-a-kind meal in a bowl.

- **Whole Grains:** Brown rice, quinoa, bulger, farro, etc.
- **Vegetables:** Onions, broccoli, cauliflower, squash, avocado, spinach, sweet potato and more. Think of this as a great way to use leftover veggies; and you'll have less food waste!
- **Proteins:** Eggs, tofu, nuts/seeds, beans/legumes, and/or veggie burger crumbles. If you choose not to go plant-based add shredded chicken; seafood or lean beef/pork.
- **Seasoning/Sauce:** A great sauce can really add flavor to your bowl! Experiment with tahini dressing, balsamic dressing, sesame/miso flavors, lemon/lime, Dijon mustard based dressing, sweet onion dressing, etc.

2. Now, get ready to create a bowlful of delicious!

Here's one of our favorites. Grilled vegetables combined with quinoa and savory, slightly sweet tahini sauce to make the perfect bow of yum.



Recipe and image provided by the National Onion Association/
onions-usa.org

Sheet Pan Style Buddha Bowls

Grilled or roasted vegetables combine with quinoa and savory, slightly sweet tahini sauce to make a perfectly satisfying plant-based one-bowl meal.

Makes 4-6 servings

INGREDIENTS:

2 yellow onions, peeled and cut into 1/2-inch wedges
 Half a head of red/purple cabbage, cut into wedges
 2 red potatoes, cut into 1/2 inch wedges
 1 small butternut squash, peeled and 1/2 inch diced
 (or buy precut at our store)
 1 pound Brussels sprouts, halved
 Extra virgin olive oil
 Salt and Black Pepper to taste
 1-1/2 cups quinoa, cooked according to package
 directions
 1 tablespoon tahini
 1/2 of a lemon, juiced
 1 teaspoon Dijon mustard
 1/2 to 1 teaspoon maple syrup
 2 avocados, peeled and sliced
 Fresh parsley for garnish

DIRECTIONS:

For Grilled Vegetables: Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Brush the vegetables with 1/4 cup of olive oil to coat lightly. Sprinkle the vegetables with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 15 minutes.

For Roasted Vegetables: Preheat the oven to 400° F. Line a large 13 x18-inch sheet pan with parchment paper. Place the vegetables in a single layer on the sheet pan. Drizzle with olive oil and season with salt and black pepper. Roast vegetables for 40 minutes or until tender. Add more salt and pepper if needed.

While the vegetables are grilling/roasting, cook 1-1/2 cup of quinoa according to package directions. Next, make the tahini sauce in a small bowl by whisking together: tahini, lemon juice, mustard, and syrup until smooth.

To assemble the Buddha bowls, spoon quinoa into bowls. Add grilled/roasted veggies and garnish with avocado and parsley. Drizzle tahini sauce over each bowl and serve.

Per serving (based on 6 servings): 363 Calories; 10g Protein, 17g Fat, 50g Carbohydrates, 90mg Sodium, 16g Fiber

Plant Based Power Bowls Social Media Content



Facebook:

Caramelized onions bring magic to plant-based bowls! Make your own caramelized onions and create your own signature bowl <https://bit.ly/3WKjpYf> #enjoyonions



Twitter:

Add some color to the dinner table with a Kickin' Quinoa Salad! <https://bit.ly/4cl2EbY> via @StreetSmartRD #onionista



Twitter:

The whole family will love these Simple Vegetarian Fajita Bowls! <http://bit.ly/2bXAURV> via @livbane #onionista

Image provided by Live Bane/HealthyLiv



Instagram:

Roasted or grilled vegetables combine with quinoa and savory, slightly sweet tahini sauce to make the perfect bowl of yum in this Sheet Pan Style Buddha Bowl recipe <http://bit.ly/2yyxV9f> #plantbasedbowl #enjoyonions

Summer Grilling – Colorful & Delicious

Meal Solution Recipe Bunker Display

An effective way to help your shoppers live healthy and choose nourishing meals, while increasing in-store sales, is to create a meat bunker of all the ingredients for a recipe. This concept eliminates common consumer barriers to eating more frequent family meals – lack of new meal ideas and limited time – and cross promotes products from various departments of the store.

How to Create a Meal Solution Recipe Bunker

Use the *Grilled Beef, Pepper and Onion Pizza* to build this recipe bunker.

Instructions:

1. Use refrigerated endcap bunker in meat department as display.
2. In one side of the bunker, merchandise 1 pound lean ground beef packages.
3. In the other side of the bunker, merchandise red and green peppers, and shredded mozzarella cheese.
4. Above the bunker or on wings of the bunker, display shelf stable items from the recipe, including onions, 12-inch prepared pizza crusts and olive oil.
 - a. Partner with your supplier or broker to secure promotional pricing of key items to help drive sales.
 - b. Promote private label brands of key items, as desired, in the display.
5. Follow all food safety operating procedures for displaying food items.
6. Use a clip to post recipe cards above the bunker or create a sign using the recipe, which shoppers can take a photo of with their phone.
7. Promote and communicate the Meal Solution Bunker through various channels:
 - a. Promote the meal solution recipe and bunker in social media.
 - b. Include a mention or picture of the bunker in your circular.
 - c. Drive traffic to the recipe bunker with in-store intercom messaging.
 - d. Educate in-store employees about the bunker using the talking points:
 - The Grilled Beef, Pepper and Onion Pizza is a family-friendly meal. Simply add a prepared green salad for a complete dinner.
 - Point out the recipe meat bunker with all ingredients to purchase.
 - Encourage shoppers to take a recipe card OR take a photo of the recipe on the signage provided.
8. Have the Meal Solution Bunker promotion for a minimum of two weeks.
9. Measure the effectiveness of the program by tracking the following:
 - a. Sales of each bunker item, compared to prior month, same time period of the prior year and for the two weeks following the promotion.
 - b. Number of likes, retweets, and comments in social media.
 - c. Feedback from in-store employees.



Recipe adapted from Beef It's What's for Dinner

Grilled Beef, Pepper and Onion Pizza

Skip delivery and go straight for this hearty beef pizza hot off the grill!

<https://www.beefitswhatsfordinner.com/recipes/recipe/125/beef-pepper-and-onion-pizza>

Makes 6 servings

INGREDIENTS:

- 1 pound lean ground beef
- 1 small onion, sliced thin, separated into rings
- 1 small green or red bell pepper, cut into thin strips
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 package (16 ounce) thick pre-baked 12-inch crust
- 1-1/2 cups shredded mozzarella cheese

DIRECTIONS:

Preheat grill for 10-15 minutes.
Heat large, nonstick skillet over medium heat; when hot, add ground beef and cook 8 to 10 minutes. While cooking, break the beef into small crumbles and stir occasionally. Remove drippings. Add onion and bell pepper; cook until vegetables are crisp-tender. Remove from skillet with slotted spoon; season with salt and pepper.

Brush olive oil lightly onto each side of the crust. Grill crust 2-4 minutes on each side. Remove from grill. Top crust with beef mixture, then cheese. Place pizza back on grill to warm for 8-10 minutes or until cheese is melted.

Slice and serve with a prepared green salad.

Per serving: 390 Calories; 30g Protein, 14g Fat, 35g Carbohydrates, 770mg Sodium, 1g Fiber



Summer Grilling

Media or Video Segment:

1. In advance:

Ask television station to post the outline and recipes on their website to ensure more impressions. Ask if the station has an outdoor grilling area for your segment, or you can use a grill pan indoors over a burner. For Instagram or Facebook Live, post the recipes online or link them to your retailer's website.

2. Props:

Colorful placemats and napkins, table setting, gloves for assembling kababs, margarita glasses, grilling tongs and other grilling themed décor, platter with cooked brown rice.

3. Summertime is here and that means the grill becomes a popular method of cooking meals!

Keep it easy and healthy with these grilling tips from (add in your name and supermarket):

- Choose lean meats and seafood like skinless poultry, turkey, sirloin, extra lean beef, salmon, tilapia, etc.
 - Incorporate colorful fruits and vegetables to your favorite grilled recipes.
 - Use low-fat or fat-free marinades.
 - Add flavor with wines, lemon, lime juice, low-sodium soy sauce, herbs, honey, onions, garlic, and other spices.
 - Cut down on grilling time by cutting meat into small, uniform-sized pieces or by using skewers.
-

4. Demo:

Teriyaki Grilled Skewers with Mango Dipping Sauce are delicious and colorful, plus they make a tasty main dish to feed your family or guests at the next backyard party.

Summer Grilling Demo Recipe



Teriyaki Grilled Skewers with Mango Dipping Sauce

These delicious and colorful kababs are perfect for your next family meal or backyard party!

Makes 4-6 servings

INGREDIENTS:

- 3/4 pound boneless, skinless chicken breast
- 1/2 cup olive oil
- 1/2 cup prepared mango chutney, chopped if coarse
- 1/2 cup bottled teriyaki sauce
- 2 tablespoons balsamic vinegar
- 18 medium shrimp, shelled and deveined (1/2 to 3/4 pound)*
- 18 large bamboo skewers (about 12-inches long)
- 1 medium yellow onion
- 1 medium red onion
- 2 firm-ripe mangos, peeled, pitted and cut into large cubes
- 1 large green bell pepper, halved, trimmed, seeded and cubed
- Non-stick cooking spray, as needed
- Ginger Mango Sauce (recipe follows)
- Watercress (optional)

*If preferred, omit shrimp and use 1-1/2 pounds boneless, skinless chicken breasts, cutting into 36 cubes and using 2 per skewer.

Recipe and image provided by the National Onion Association

DIRECTIONS:

Cut chicken into 1-1/2 to 2-inch cubes (yields about 18). For marinade, combine oil, chutney, teriyaki sauce and vinegar. Set aside half to use for basting. Place chicken and shrimp in wide, shallow glass dish or pan. Pour remaining marinade mixture over, then cover and marinate in refrigerator at least 3 hours or overnight. Soak bamboo skewers in water at least 1 hour before using.

Peel onions and trim off both ends. Cut each onion into six wedges, approximately 1/2-inch wide. Separate the wedges into double layers. To prepare skewers: alternate chicken, onions, mango, green pepper, and shrimp onto soaked skewers. Keep ingredients near the pointed end, leaving a long "handle" of skewer open.

Coat the grill grate with nonstick cooking spray. Place skewers over medium coals for 15 to 20 minutes. Brush often with remaining marinade mixture and turn skewers until cooked through. If needed, use spatula to gently loosen skewers before turning as they may stick.

To serve: arrange on large flat basket or serving platter with watercress as garnish. Serve with Ginger Mango Dipping Sauce.

Ginger Mango Dipping Sauce: Combine pulp from 1 mango, halved, pitted and scooped out of skin (about 1 cup) with 1/4 cup frozen orange juice concentrate, 3 tablespoons water and 2 teaspoons grated fresh ginger root (or 1/2 teaspoon ground ginger) in electric blender. Puree until smooth. Makes about one cup.

Per serving: 390 Calories; 10.7g Protein, 22g Fat, 40g Carbohydrates, 685mg Sodium, 3.6g Fiber

Summer Grilling Social Media Content



Facebook:

Looking for a delicious and nutritious side option to go with that entrée? Try these Grilled Vegetables with Balsamic Dressing: <http://bit.ly/2uqGr8r>

#enjoyonions



Twitter:

Want to add some colorful nutrition to your grill out? Try these yummy Teriyaki Grilled Skewers <http://bit.ly/2R6Wxyw> #Summergrilling #onionista #onionsoutdoors #enjoyonions



Twitter:

Do you have a graduation party coming up and need a quick and tasty meal? Try out these Sweet Onion Sliders for the whole family: <http://bit.ly/2xuOGI7> #onionista #onionsoutdoors



Instagram:

Summertime calls for Grilled Onion Cheeseburgers! — a perfect addition to any outdoor party! <http://bit.ly/2gWSCbm> #onionsoutdoors

#enjoyonions

References

About the National Onion Association – The Voice of the Onion Industry

The National Onion Association is the official organization representing growers, shippers, brokers and commercial representatives of the U.S. onion industry. Founded in 1913, the association is the source of information about onion production, their health benefits and numerous culinary uses. For more information contact:

National Onion Association

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Eaton, CO 80615

(970) 353-5895

www.onions-usa.org

ADDITIONAL RESOURCES

For Health Research and Nutrition Facts:

<https://www.onions-usa.org/all-about-onions/onion-health-research>

<https://www.onions-usa.org/all-about-onions/onion-nutrition>