



Recipes
Tips & Tricks
Nutrition Info

INSIDE ONIONS

Consumer Newsletter



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- Carbs to help reduce belly fat
- Gratitude Traditions for Thanksgiving
- Video recipe: Fast Skillet Mac-n-Cheese
- Recipe Box: Onion Cocktail Meatballs w/ Apple Butter Glaze
- Hosting a Stress-Free Friendsgiving
- Onionista Bog: DIY Christmas Workshop
- School Break Survival Guide
- Meet an onion farmer - Sorbello & Sons, a New York muck farm



Do you like them on or in?



Did you know you don't actually have to chop onions to get that rich, savory flavor in your meals? That's where ONOIN comes in. This clever little product delivers onions — without the tears or the mess of chopping.

ONOIN is made from real onions and a mix of natural spices, crafted to give your dishes that punch of flavor you crave. From soups to stir-fries, tacos to pasta, it blends seamlessly,

letting you experiment in the kitchen without the usual hassle.

Each ONOIN jar contains the equivalent of two whole onions, perfectly chopped and preserved in olive oil, ready to go when you are. Each jar can keep in the pantry for 24 months, and in your fridge after opening for a few weeks.

There are even varieties that bring unexpected twists—think zesty, smoky, or herb-infused—so every meal can feel a little different. People who try it often find themselves reaching for it not just as a shortcut, but as a way to explore new flavors they might not have tried otherwise.

Curious to see how it works? Check out eatonoin.com and discover a kitchen hack that's making cooking faster, easier, and a lot more flavorful.

Or look for them on Amazon.

November
is here

November is a month for slowing down, gathering close, and making memories that matter. As the holiday season begins, it's the perfect time to celebrate togetherness—whether that means crafting simple gifts at home, decorating with what you already have, or finding screen-free fun for the kids during school breaks. And of course, Thanksgiving offers the chance to reflect on gratitude, creating traditions that will carry through the years. In this issue, we're sharing easy, family-friendly ideas to bring warmth, creativity, and connection into your home this season.



The Onionista

Got a message for the Onionista? Write to
onionista@onions-usa.org

Inside Onions

Message From The Onionista

Who is the Onionista?

Hi! I'm René Hardwick, Aka The Onionista. As the Director of Public And Industry Relations for the National Onion Association, I wanted a fun way to connect with people on the web. That is how 'Onionista' was born. She is a fun and informal way for me to share my passion for onions, food, and agriculture with consumers.

In this monthly newsletter, I hope to share with you not only great new recipes and recipe videos, but nutrition nuggets to help round out the menus you serve to your family, and offer some fun information for every day.

The National Onion Association tells the story of the bulb onion, promoting the usage and visibility of the third most consumed fresh vegetable in the U.S. with active

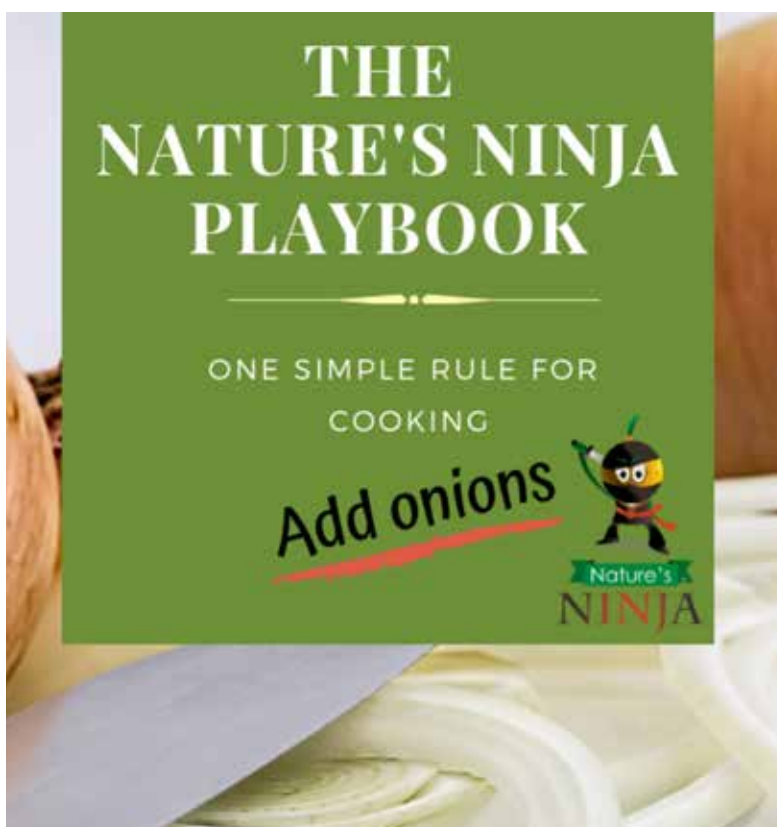
media relations, recipe development, culinary education and more.

Members of NOA rely on the non-profit trade association for

up-to-date information, government representation, industry-wide networking, as well as consumer outreach. Visit www.onions-usa.org for more information.

Kids activities book

Click to download the Playbook



The Carbs That Can Actually Help With Belly Fat

When most of us hear “carbs,” we think of foods we should probably cut back on. But according to [Eating Well](#), the story isn’t that simple—especially when it comes to visceral fat. That’s the deeper fat that hides around your organs and raises the risk of things like diabetes and heart disease.



The surprising part? Some carbs can actually help reduce it. Dietitians told [Eating Well](#) that the trick is swapping out sugary, refined carbs for high-fiber, nutrient-packed ones. Here are six that deserve a spot on your plate:

Sweet potatoes – Packed with beta-carotene and fiber, they help fill you up and may even support lower levels of belly fat.

Oats – Their special soluble fiber, beta-glucan, helps you feel full longer and supports a healthy gut.

Barley – Like oats, it’s rich in beta-glucan, plus resistant starch that your gut bacteria love.

Quick Carb Swaps

Sweet potatoes → Roast for easy sides

Oats → Blend into smoothies or muffins

Barley → Toss into soups & salads

Quinoa → Use instead of rice in bowls

Lentils → Add to tacos or curries

Beans → Top salads, pasta, or nachos

Quinoa – A grain that doubles up on protein and fiber, while also offering magnesium to help your body use insulin more effectively.

Lentils – A cup gives you over half your daily fiber goal and loads of protein, keeping you full and steadying blood sugar.

Beans – From chickpeas to black beans, they combine protein, fiber, and flavor. Studies show people who eat beans regularly tend to carry less weight around their middle.

The bottom line from [Eating Well](#): carbs aren’t the enemy. Choosing whole, fiber-rich options—along with moving your body, sleeping well, and managing stress—can make a real difference in fighting belly fat.

BEST USES for Yellow onions

Grilled, sautéed, caramelized, baked or roasted.



Video Recipe



Fast Skillet Mac n Cheese

Mac and cheese has always been the ultimate comfort food—gooey, cheesy, and perfectly nostalgic. But what happens when you invite onions to the party? You get a dish that flips the script on the classic, adding flavor and depth you didn't even realize were missing.

Onions bring a subtle sweetness and a touch of savory bite that cuts through the richness of the cheese. When sautéed until golden, they transform from sharp and

crunchy to soft, caramel-like, and almost buttery. That extra layer takes mac and cheese from “good” to “wow” without making the recipe harder.

The best part? You don't need a complicated technique. While your pasta boils, just melt some butter in a skillet, toss in diced or thinly sliced onions, and cook them until they smell irresistible. Stir in cream cheese, milk, and cheddar for a quick sauce, then fold the pasta back in. Suddenly, you've got onion mac and cheese—a fast



weeknight meal that feels anything but ordinary.

It's the same comfort you crave, but with a little grown-up upgrade. Onions don't just blend in—they change the whole experience, proving once again they're the secret weapon in your kitchen.

Ingredients

Serves 4

8 oz macaroni

2 tbsp butter

1 medium onion, diced (or thinly sliced if you want a sweeter, softer vibe)

2 tbsp cream cheese

1 cup shredded cheddar cheese

½ cup milk (add more if you like it extra saucy)

Salt & pepper to taste



Directions

Cook the pasta.

Bring a pot of salted water to a boil (yes, salt it like you mean it—your pasta should taste seasoned before it even hits the sauce). Cook the noodles according to the package instructions until al dente. Before you drain, scoop out about ¼ cup of that starchy pasta water—it's liquid gold for adjusting your sauce later.

Sauté the onion

Melt butter in a pan over medium heat, toss in the onion, and let it cook for about 3–5 minutes. You want it soft, lightly golden, and smelling amazing. (Pro tip: if you sliced it thin, it'll get sweet and caramel-y. If you diced it, it'll



give you more of a savory bite.)

Build the sauce.

Turn the heat down to medium-low so nothing scorches. Add cream cheese first and let it melt into the onions. Pour in the milk and sprinkle in the shredded cheddar. Stir until you've got a smooth, glossy sauce. If it looks too thick, splash in some of that reserved pasta water until it's the consistency you like—silky, not gloopy.

Bring it together

Add the cooked pasta straight into the skillet. Toss it around until every piece is coated. Season with salt and pepper.

Serve hot.

Per serving:

432 calories;
16 g protein;
19 g fat;
48 g carbohydrate;
2.5 g fiber;
279 mg sodium.

Gratitude Traditions for Thanksgiving:

Simple Ways to Celebrate Thankfulness

Thanksgiving is a time to gather, share a meal, and reflect on what truly matters. While the turkey and pumpkin pie are always highlights, starting family traditions that focus on gratitude can make the holiday even more meaningful. These small rituals can spark conversation, strengthen bonds, and create memories that last well beyond the holiday table.

The Thankful Tree

This simple project doubles as both décor and activity. Before Thanksgiving, gather small branches and place them in a vase or jar. Cut out paper leaves in fall colors, and as guests arrive, invite everyone to write something they're thankful for on a leaf. Attach the leaves to the branches with string or tape, and by the end of the evening, you'll have a tree full of gratitude.

Handwritten Notes at the Table

Set out small cards or slips of paper at each place setting. Before dinner begins, ask everyone to write a note of thanks—whether it's to a family member, a friend, or simply for something in their life. During the meal, these notes can be read aloud or exchanged quietly, adding a



personal and heartfelt layer to the gathering.

The Family Gratitude Journal

Start a notebook that only comes out at Thanksgiving. Each year, pass it around the table and have everyone add a few lines about what they're grateful for. Over time, the journal be-

comes a treasured keepsake filled with reflections and milestones. It's a tradition that grows richer with every passing year.

Gratitude Jar for the Whole Season

Instead of waiting until Thanksgiving Day, set out a jar at the start of November. Encourage family members to drop in notes whenever they think of something they appreciate. Open the jar on Thanksgiving to read them together—it's a wonderful way to recognize everyday joys. By weaving gratitude into your celebration, you give the holiday even deeper meaning. These traditions not only highlight what's on the table but also who's around it.



Recipe box

CATEGORY:

Appetizers

PREP TIME:

20 minutes

COOK TIME:

35 minutes



Click photo for recipe directions

Onion Cocktail Meatballs w/Apple Butter Glaze

1 medium yellow onion, finely chopped
1 pound 85% lean ground beef
1 pound ground pork
½ cup bread crumbs
1 large egg
1 tablespoon soy sauce
1 teaspoon salt
¼ teaspoon ground black pepper

Sauce

2 teaspoons extra virgin olive oil
2 tablespoons yellow onion, minced
2 cups apple butter
2 tablespoons apple cider vinegar
2 tablespoons soy sauce
1 tablespoon brown sugar
½ teaspoon dried mustard
½ teaspoon salt
¼ teaspoon ground black pepper

Health properties of onions

Onions contain a variety of other naturally occurring chemicals known as organosulfur compounds linked to lowering blood pressure and cholesterol levels.

Among some of their best-known benefits, onions contain the flavonoid quercetin which acts as an anti-inflammatory in the body, inhibits low-density lipoprotein oxidation (an important reaction in the atherosclerosis and coronary heart disease), protects and regenerates vitamin E (a powerful antioxidant), and provides protection from many forms of cancer.





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How to Host Friendsgiving Without Stress

Friendsgiving is a wonderful opportunity to gather friends, celebrate gratitude, and share a delicious meal—without the pressure of a traditional family holiday. But hosting can feel overwhelming, especially when trying to balance cooking, cleanup, and creating a cozy atmosphere. The key to a stress-free Friendsgiving is smart planning, a simple menu, and a few clever shortcuts.

Plan a Manageable Menu

Start by selecting a few standout dishes and keeping the rest simple. Choose recipes that are crowd-pleasers and can be made ahead of time, like roasted vegetables, cheesy casseroles, or a hearty potato-onion soup. Dishes with onions add flavor and depth without requiring extra steps, making them a perfect addition to any Friendsgiving table.

Potluck with a Twist

Invite friends to bring a dish, but guide them with a theme or category—appetizers, sides, desserts, or drinks. This ensures a balanced menu without anyone feeling overburdened. A little friendly coordination goes a long way toward reducing stress and creating variety.

Store-Bought Shortcuts That Feel Homemade

You don't have to make everything from scratch to impress your guests. Rotisserie chicken, pre-made pie crusts, or a quality bakery loaf can save time and still feel special. Pairing these with simple homemade



FRIENDSGIVING STRESS-FREE CHECKLIST

PLAN YOUR MENU

- ☐ Pick 3-4 standout dishes to focus on
- ☐ Include at least one onion-friendly dish for flavor (e.g. potato-onion soup, caramelized onion dip)

COORDINATE A POTLUCK

- ☐ Assign friends to bring appetizers, sides, desserts, or drinks
- ☐ Confirm who's bringing what to avoid duplicates

USE SMART SHORTCUTS

- ☐ Consider rotisserie chicken, pre-made pie crusts, or bakery bread
- ☐ Add homemade touches like fresh herbs, drizzles of olive oil, or seasoning

PREP FOR EASE

- ☐ Set up a self-serve buffet or family-style table
- ☐ Lay out plates, utensils, napkins, and drinks ahead of time

DECOR & ATMOSPHERE

- ☐ Add a simple centerpiece (candles, flowers, or seasonal décor)
- ☐ Prepare a Friendsgiving playlist or soft background music
- ☐ Optional: personalized name cards for a festive touch

touches—like drizzling olive oil over roasted veggies or sprinkling fresh herbs on store-bought rolls—gives the dishes a personalized flair.

Set Up for Ease

Create a self-serve buffet or family-style serving station so guests can help themselves. Lay out plates, utensils, and drinks ahead of time. Keeping the layout simple reduces stress and encourages mingling.

Add a Personal Touch

Even small touches make a Friendsgiving feel memorable. Personalized name cards, a festive centerpiece, or a playlist of holiday tunes can set the mood without adding hours of work.

By focusing on flavorful, easy-to-prepare dishes, embracing potluck contributions, and using thoughtful shortcuts, you can host a Friendsgiving that's relaxed, delicious, and full of fun. Remember—Friendsgiving is about connection, laughter, and gratitude, not perfection in the kitchen.

Blog

DIY Christmas workshop — at home

The holiday season is often filled with lists—shopping lists, to-do lists, and guest lists—but sometimes the best gifts don't come from the store at all. A cozy afternoon spent creating homemade presents with your kids can bring just as much joy as anything wrapped in shiny paper. Not only do these projects make thoughtful, budget-friendly gifts, but they also give families time together to laugh, learn, and get creative. Think of it as your own DIY Christmas Gift Workshop at Home. Below are three simple, kid-friendly DIY Christmas gift ideas to try at your family's workshop this season.

1. Homemade Cocoa Mix Jars

Few things feel more comforting in winter than a warm mug of cocoa. Creating homemade cocoa mix jars is simple and fun for kids of all ages.

What you'll need:

- Mason jars or clear containers with lids
- Hot cocoa mix (store-bought or homemade)
- Mini marshmallows
- Chocolate chips or crushed candy canes
- Ribbon and gift tags

How to make it:

Fill the jar halfway with cocoa mix. Add a layer of chocolate chips or crushed candy cane pieces. Top with a handful of mini marshmallows. Close the jar tightly, then decorate with ribbon and a gift tag that says, "Just add hot milk or water!" **Kids will love layering the ingredients, and the finished product looks festive and inviting.**

2. Cinnamon-Scented Candles

A handmade candle adds warmth to any holiday season, and the scent of cinnamon instantly brings Christmas cheer. This project does require adult supervision since it involves melted wax, but kids can still help measure, stir, and decorate.

What you'll need:

- Soy candle wax
- Wicks
- Heat-safe jars or tins
- Ground cinnamon or cinnamon-scented essential oil
- Decorative fabric or ribbon

How to make it:

Melt the soy wax according to package directions. Stir in a teaspoon of ground cinnamon or a few drops of essential oil. Place the wick in the jar, then carefully pour in the melted wax. Let the candles cool and harden. Decorate the jars with fabric covers, ribbon, or handmade labels. The end result is a heartfelt gift that smells like the holidays.



3. Relaxing Bath Salts

Perfect for teachers or grandparents who deserve a little pampering, homemade bath salts are thoughtful and easy to put together.

What you'll need:

- Epsom salt
- Baking soda
- Essential oils (lavender, peppermint, or eucalyptus)
- Food coloring (optional)
- Small jars or resealable bags

How to make it:

In a bowl, combine 2 cups of Epsom salt with ½ cup of baking soda. Add 10–15 drops of essential oil and a few drops of food coloring if desired. Stir until blended. Spoon the mixture into jars or bags, then seal tightly. Add a tag with instructions: "Add ½ cup to warm bath water." **Kids can help mix and pour, and the jars can be decorated with stickers, ribbons, or drawings.**

Packaging and Presentation Tips

The magic of DIY Christmas gifts with kids comes not only from what's inside but also how they're presented. Encourage children to add the finishing touches:

Use kraft paper and let kids decorate with crayons or stamps. Save ribbons and bows from past holidays.

Cut out homemade gift tags and write personal messages.

Bringing It All Together

Setting aside one afternoon in November or December to host your family's DIY Christmas Gift Workshop creates both memories and meaningful presents. Turn on holiday music, sip cocoa, and let creativity flow.

This holiday season, skip at least one trip to the crowded store and spend a few hours at home crafting gifts that come straight from the heart. The best presents aren't always the ones under the tree—they're the ones made with love.

School Break Survival Guide: Screen-Free Fun

Thanksgiving break is a welcome pause in the school year, but it can leave parents wondering how to keep kids entertained without resorting to endless screen time. With a little creativity, you can turn those days at home into memory-making moments the whole family will enjoy. Try these screen-free activities to keep kids busy during the holiday week.

Indoor scavenger hunts

Create a list of items for kids to find around the house—something red, something soft, something that makes noise. Add challenges like “find a book with a turkey on the cover” or “bring back something that smells like fall.” Scavenger hunts are quick to set up, encourage problem-solving, and can be repeated with different themes each day.

Easy baking projects

Thanksgiving break is the perfect time to bring kids into the kitchen. Choose simple, hands-on recipes like sugar cookies, banana bread, or muffins. Give younger kids tasks such as stirring or pouring, while older kids can measure and crack eggs. Not only do you end up with tasty treats, but kids also build confidence and learn life skills.

Puzzles and board games

A quiet afternoon with a jigsaw puzzle or a lively round of a favorite board game is a great way to bring every-



one together. Keep a puzzle going on the dining table throughout the week so kids can return to it whenever they need an activity.

DIY craft day

Gather basic supplies—construction paper, markers, glue, buttons, or anything left in your craft bin—and let kids create decorations for the season. They can make Thanksgiving placemats, holiday cards, or even simple ornaments. This activity keeps hands busy, sparks imagination, and gives kids a chance to show off their creativity.

Thanksgiving break doesn't have to be filled with “I'm bored” moments. With these fun, screen-free ideas, you'll create a holiday week full of laughter, learning, and togetherness.

Family Cooking Night: Cozy Fall Soups

School break is the perfect time to gather in the kitchen and turn dinner into a family activity. Setting aside one evening for a “Family Cooking Night” can transform a routine meal into a memory-making event filled with laughter, teamwork, and of course, delicious food. And what better way to celebrate fall than by cooking up big pots of cozy soups together?

Soups are ideal for family cooking because they're simple, forgiving, and packed with flavor. Kids of all ages can take part in the preparation—washing vegetables, stirring the pot, sprinkling in seasonings, or even shaping biscuits to serve on the side. The key is choosing recipes that feel approachable but still leave everyone proud of what they've made.

Potato-Onion Soup

This [creamy, comforting classic](#) requires only a few ingredients. Kids can help peel potatoes (with supervision) or chop soft vegetables with a safe knife. The slow simmering process makes the kitchen smell amazing,



and topping each bowl with shredded cheese or crunchy croutons lets kids personalize their own dish.

Chicken Noodle Soup with Onions

A staple for chilly days, chicken noodle soup is hearty and family-friendly. Kids can snap dry pasta into smaller pieces, shred rotisserie chicken with forks, or toss vegetables into the pot. With onions, carrots, celery, and noodles, [this soup is a wholesome one-pot meal](#) that tastes even better the next day.

Vegetable Soup

The ultimate “clean out the fridge” meal, vegetable soup is colorful, healthy, and endlessly customizable. Let kids choose a few favorite vegetables to add, then watch them feel proud when their choices make it into the final dish. Serve with warm bread for dipping, and you've got a complete dinner.

By dedicating one night of break to cooking together, you're not just filling bowls—you're filling hearts. These cozy fall soups offer the chance to slow down, share stories, and savor the flavors of the season as a family.

Meet an Onion Grower: Sorbello & Sons Farms

At Sorbello and Sons Farms, farming isn't just an occupation — it's a legacy that's been passed down for more than a century. From the muck soils of Oswego County to the kitchen tables of families across the region, each onion grown carries with it generations of hard work, laughter, and love for the land.

Sorbello and Sons is run by third-generation twin brothers David and Dana, alongside David's sons Dylan and Rane. With the fifth generation—Dylan and Rane's children—already showing enthusiasm for the fields, the family legacy is alive and well.

The love of farming shows up early in the Sorbello household. When Dylan and Rane were kids, they played "Onion Farm" in their sandbox, cutting cattails to plant in neat rows and pretending to be Dad or Uncle Dana as they drove toy tractors through the sand. The pair used to sleep on the floor of the parent's bedroom so Pop couldn't farm without them. Now, their children are carrying on that same excitement. Dylan's son Wade couldn't wait to join in on harvest this year—he laid out his farm clothes the night before, only to dissolve in tears when he realized school



would keep him from walking behind the harvester to collect stray onions. "I've been waiting ALL YEAR for this!" he cried.

Rane's twin girls, Amelia and Charlotte, already know their way around the tractor cab, often accompanying their dad on the tractor. The farm's on-line following has even made its way into kindergarten classrooms.

Stories like these remind us that farming is more than crops and equipment—it's family. It's children learning by watching, helping, and eventually

leading. It's the long days of harvest, the shared lunches in the field, and even the funny memories.

While traditions remain, innovation drives the farm forward, such as GPS systems, modern equipment, soil health practices, and most recently, a laser weeder to cut down on labor and herbicide use. The Sorbellos are proud to continue the work their grandfather started, raising not only onions but also the next generation of farmers ready to carry the torch.

In the end, Sorbello and Sons isn't just about onions. It's about family, tradition, and a love for the soil that runs as deep as the muck fields where it all began.

Sorbello beginnings

The Sorbello story began in 1923 when Mariano Sorbello left Catania, Italy, and arrived at Ellis Island, New York City, after serving in WWI. He married Rose Greco and moved upstate to the beautiful rolling countryside of Granby, near Lake Ontario on the Oswego River. Mario began his new life share-cropping 15 acres of low-lying, dark, rich, organic muck. Muck is the soil left behind from receding waters that formed Lake Ontario after the Ice Age. He grew hardy, pungent, northern yellow onions that could store all winter.



Mario and Rose Sorbello

Learn more about Sorbello & Sons Farms here:
www.youtube.com/@offthemuck

Sorbello & Sons farms on the Muck in upstate New York.

What is Muck, you ask? Muck is the low-lying, dark, rich, organic soil from ancient lake bottoms and swamps of thousands of years of decaying plant matter. The soil is very soft that needs to be drained very well. Much time and effort goes into the soil, ditching and tiling to reduce flooding and achieve the right balance of moisture in the soil. In Oswego County, muck is the soil left behind from receding waters that formed Lake On-

tario after the Ice Age. Muck soil is excellent for growing hardy, pungent, northern yellow cooking onions that can store through winter and into early summer without losing their vitality.

This unique soil consistently produces onions that are not only hardy and flavorful but also highly nutritious.

In fact, food scientists at Cornell University have found that onions grown in muck soil have especially high levels of antioxidants and anti-cancer properties, making them as healthy as they are delicious.

