

5 Ways to Cook with Onions



Add chopped green onions to your omelets.



Season black or pinto beans with diced onions, cumin, and chili powder.



Sauté onions with mushrooms and 'smother' a chicken breast or piece of fish with them.



Toss a few red onion rings or chopped scallions onto your salad.



Pickle red onions and add them to your tacos.