

Microwaved Sautéed Onion

Ingredients:

Makes: Serves 1 (1/2 cup)

- 1 small onion (1/2 cup)
- 1 teaspoon butter or canola oil
- Salt and pepper to taste

Resources: San Antonio Food Bank and USDA

Recipe adapted from:

<https://sevenminutevegetarian.com/2016/05/18/perfect-sauteed-onions-just-3-minutes-in-the-microwave/>

Image: <https://www.myrecipes.com/recipe/oven-sauteed-onions-garlic>



Method:

1. Chop the top and bottom of the onion (do not peel)
2. Sit the onion on it's chopped flat bottom in a microwave safe dish and place a teaspoon of butter over the top
3. Cover and microwave for 3 minutes
4. Once done, use a knife and fork to cut off the brown skin and chop the tender onion into slices.
5. Serve and enjoy!

This recipe is a great serving suggestion to spice up your meals. Try serving onions as a snack instead of chips. This recipe is a quick and easy way to try onion that taste great.



Tips on Sweet Potato



How To Store:

Store whole onions in cool, dark place for use within 4 weeks. Refrigerate cut onions in a tightly sealed container for use within 23 days.



How To Use:

Add onion into casseroles or rice dishes for a savory dishes.



Fun Fact:

Onions have been a part of the human diet for more than 7,000 years