



ONIONS

IN SEASON

April – July & October – November

HOW TO SELECT

Choose onions that are heavy for their size & firm with dry, papery skin that shows no signs of mold or moisture.

HOW TO STORE

Store uncut onions in a cool, dry place. Onions will last up to 4-6 weeks. Do not store with potatoes, they may cause onions to spoil quickly.

HELPFUL TIP

Try different colors of onions for a wide variety of flavor.

BEEFY SWEET POTATO SKILLET

ONIONS



Nutrition Facts

Serving size: 1/4th recipe (276g)
Servings Per Recipe 4



Amount Per Serving

Calories 450 Calories from Fat 100

% Daily Value

Total Fat 11g 20%

Saturated Fat 4.5g 25%

Trans Fats 0.5g

Cholesterol 75mg 25%

Sodium 210mg 8%

Total Carbohydrate 56g 20%

Dietary Fiber less than 1g 6%

Sugars 3g

Protein 30g

Vitamin A 90% Vitamin C 4%

Calcium 8% Iron 30%

25 MIN | SERVES 4

INGREDIENTS:

- 2 cups instant white rice
- 1/4 cup chopped fresh cilantro
- 1 lb 90/10 lean ground beef
- 1/2 cup water
- 1 Tbsp 30% less sodium taco seasoning
- 1 large sweet potato, cubed
- 1 medium yellow **ONION**, chopped
- 1/4 cup non-fat plain Greek yogurt
- 1 tsp hot sauce

PREPARATION:

1. Prepare rice according to package directions. Fluff with fork, add cilantro & set aside.
2. Heat a large skillet over medium. Add beef & cook 7-8 minutes crumbling meat & stirring occasionally.
3. Add water & taco seasoning. Cook 3 minutes, stirring occasionally.
4. Add sweet potato & onion. Cover & simmer 10 minutes or until potatoes are fork tender, stirring occasionally.
5. In a small bowl, combine yogurt & hot sauce.
6. Divide evenly, top with yogurt mixture & serve.



Cooking Video @ onieproject.org/videos