

ONION

Bulb Onion or Common Onion

Onions are high in antioxidants as well as polyphenols, many of them being sulfur containing, making onions supportive to liver function. They also contain high levels of Biotin, a B vitamin known for its role in skin, hair, and nail health. In addition to containing many nutrients themselves, cooking onions alongside other vegetables such as tomatoes increases the bio-availability of the nutrients contained in those vegetables.

Serving suggestions:

Saute into a Mirepoix or Sofirito as a nutritious start to soups, stews, meatloaf, etc.

Cut into thick coins, season with olive oil, salt, and pepper, grill until tender

Add to the mix when pickling vegetables

Chop onion tops for a mild tasting salad topping

Saute into a breakfast omelette or burrito

Nutrition Tip:

The flavonoids in onion tend to be more concentrated in the outer layers of the flesh.

To maximize your health benefits, peel off as little of the fleshy, edible portion as possible when removing the onion's outermost paper layer. Even a small amount of over-peeling can result in unwanted loss of flavonoids. For example, a red onion can lose about 20% of its quercetin and almost 75% of its anthocyanins if it is overpeeled.

**ETHICALLY GROWN/RAISED
PRODUCE, MEAT, AND EGGS
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL
THERAPY SERVICES BY
NICOLE CEIL, NTP**



Nicole Ceil, NTP

Certified Nutritional Therapy Practitioner

NicoleCeilNTP@gmail.com

NicoleCeilNTP.com

NicoleCeilNTP

860.415.1155