

Grilled Onions

Storage Tips for Green Bunching Onions

- *Don't wash before storing – will add moisture to the onions if not using right away.
- *Store in airtight container/Ziplock baggie removing as much air as possible.
- *Add dry paper towel to absorb extra moisture and change daily or according to the dampness of the paper towel.
- *If tops wilt while waiting to be cooked, just cut off when prepping for your dish.
- *Can be dehydrated for soups or meat stuffing's or savory breads.

Basic prep and cooking skills

- *Cut roots off and wash.
- *Remove damaged leaves and trim/cut tops.
- *Can be grilled, baked, sauteed, stewed, to name a few ways to cook.
- *If chopping your fresh herbs or vegetable tops, take care to not “over chop”; meaning you see green on the cutting board. Stack leaves one on top of the others and roll leaves and slice in thin strips. Fresh Thyme, I use entire stem. The leaves will cook off and into the dish. Onion tops, just slice according to the thickness you desire.

You Decide Recipe

- *Use green bunching onion as a whole; no chopping or cutting.
- *Use your favorite cooking oil; I use different ones such as coconut oil or grapeseed oil. You want just enough to nicely coat the bottom of a sheet pan or casserole dish and the onions.
- *Next, I add my spices and/or fresh chopped herbs scattered around on the oil.
- *Once other herbs are added to your oil, roll your onions around in the mixture, coat nicely. (Thyme, Basil, Oregano, Parsley, Cilantro, Mint including Lemon Balm, Sea Salt, Cracked Pepper Corns, grated lemon peel. You choose your flavor(s)!)
 - *Place on grill with left over mixture to marinate as you grill. Or roast/bake in oven in oil mixture.
 - *If extra chopped herbs or spices, sprinkle on onions while turning them during the cooking process.
- *Regardless of the cooking method, grilling, sauteing, roasting, enter onions on high for 30-45 seconds – long enough to open the pores and let the flavors start to mingle; then, turning heat down to a medium temperature; cook about 4-5 minutes per side or your desired tenderness. Grilling is preferred method for me – keep the heat outside!
- *You can use a good quality, steel sauté pan or good old cast iron and also cook over/in a low burning campfire! I have taken and used at home, the grate from my grill and use rocks to

elevate over campfire and grill away! Top of a woodstove will also sauté your onions quite nicely 😊

- Serve as side dish
- burger topping
- meatloaf ingredient
- pizza topping
- A veggie sandwich with avocado and fresh sliced tomato mmmmm 😊 (one of my favs)
- A bacon lover can add bacon

Enjoy!!!

