



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Onions

Did you know?

Onions are available all year long!

Onions are an excellent source of Vitamin C.

## Fun Fact!

Americans eat an average of 18 pounds of onions per year.

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for onions that are hard and covered with papery outer skin.
- Choose onions free from green spots or other blemishes.
- Avoid onions with wet or soft necks.
- Also avoid onions that show signs of decay.

## Corn Bread Salad

1 package corn bread mix  
2 tomatoes, chopped  
1 bell pepper, chopped  
1 onion, chopped  
5 slices cooked bacon, crumbled  
1 teaspoon mustard  
Non-fat mayonnaise to taste

Prepare cornbread according to package directions. After cooling, crumble in a large bowl. Add remaining ingredients and toss well. Refrigerate before serving.

Preparation Time: 20 minutes (after cornbread is cooked)

Serves: 6

Nutrition Facts Per Serving:

Calories: 234

Total fat: 8 g

Cholesterol: 9 mg

Sodium: 697 mg

Total Carbohydrate: 35 g

Protein: 6 g

<http://healthyliving.tamu.edu>

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Fill the plate below with drawings of your favorite fruits and vegetables

