

Onion

Health Benefits

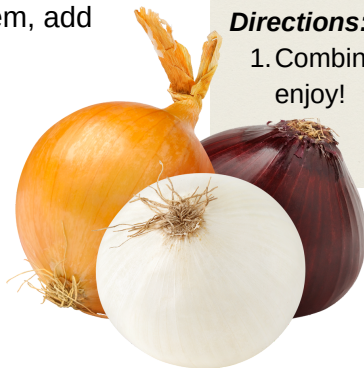
Rich in antioxidants that helps digestion and supports heart health.

Storage

In a cold, dark place. Once cut up, store covered in the refrigerator.

Preparation:

Remove first couple layers of the onion. Chop them, slice them or dice them, add them to any meal for extra flavor!



Cucumber, Onion and Tomato Salad

Ingredients:

Tomato, diced

Onion, diced

Cucumber, diced

Dressing of your choosing



Directions:

1. Combine all ingredients in a bowl, and enjoy!