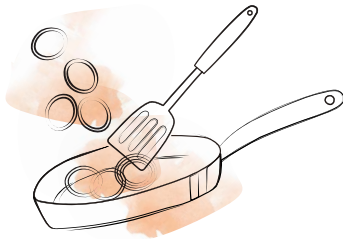


Choose onions for versatility and health

Onion shakshuka
click here for the recipe



There are three main varieties of onion – red, brown and white. Each has a distinctive flavour, ranging from mildly sweet to very strong, making them suited to a wide range of culinary uses.



Brown

For frying and baking. Use for risottos, pies, fritters and breakfast dishes



Red

Contain high levels of anthocyanin antioxidants and can be eaten raw. Use for roasted vegetables, salads and baked goods



White

The crunchiest and sharpest zing. Use for pickles, stuffed onions, rings and salads

How to store onions to increase antioxidant content



1. Store red onions at room temperature

This can increase the amount of anthocyanin antioxidants which protect cells from damage and helps support immunity



2. Freeze onion portions to reduce kitchen waste

This can also increase flavonoid content



3. Keep freeze-dried onions in airtight containers

Store in the dark to prevent losing flavonoid content

Flavour and health combined

The distinctive flavour and aroma of onions is due to their natural sulfoxide compounds which provide a range of health benefits

- Anti-obesity
- Anti-diabetic
- Anti-hypertensive
- Anti-fungal
- Anti-bacterial
- Anti-parasitic
- Antioxidant benefits

Onion antioxidants

Onions are one of the best food sources of flavonoids - naturally occurring phytonutrients that have antioxidant and anti-inflammatory benefits. It's important to know how storage, processing and cooking of onions can impact nutrients to help maximise their health benefits.

So many great reasons to add onions into your regular dishes!