



# Home on the Range

## Discover the Wonders



From appetizer to dessert, on the grill or in the kitchen, these onions are a flavorful addition to any part of your meal. Vidalia Onions' delicious savory flavor will captivate your taste buds, leave no aftertaste and, at the same time, add nutritional value to your diet. Use the following recipes and enjoy a sweet Vidalia Onion meal right in the comfort of your own home. Your family will have "no tears" to cry over these dishes.



For a free recipe brochure with more delicious recipe ideas, send a stamped, self-addressed #10 envelope to:

Vidalia Onion Committee  
 P. O. Box 1609-FF  
 Vidalia, GA 30475

### The Absolutely Best Fried Vidalia Onion Rings

- Several large Vidalia Onions  
 1 cup all-purpose flour  
 1 teaspoon salt  
 1 1/2 teaspoons baking powder  
 1 egg, separated  
 3/4 cup milk  
 1 tablespoon salad oil

Slice onions into rings. In one bowl, mix together flour, salt and baking powder. In another bowl, beat egg yolk then stir in milk and salad oil. Add contents of bowl two to bowl one, stirring until smooth. In a third bowl, beat egg white until soft peaks form then fold into contents in bowl one, stirring until smooth. Dip onion rings into batter and deep fry until golden brown.

### Grilled Vidalia Kabobs

*pictured*

- 1 pound beef, chicken or shrimp, quartered  
 3 medium Vidalia Onions, quartered  
 1 zucchini squash, sliced  
 1 yellow squash, sliced  
 2 medium green or red peppers, cut into pieces  
 6 cherry tomatoes

- Marinating Sauce:**  
 1/4 cup diced onions  
 1 teaspoon salt  
 2/3 cup red wine vinegar  
 1/2 teaspoon thyme  
 2 tablespoons olive oil  
 1/2 teaspoon dry mustard  
 1 tablespoon soy sauce  
 1/2 teaspoon pepper

Mix all ingredients together. Slice beef or chicken into bite-size pieces. If using shrimp, peel, leaving tails intact. Place beef, chicken or shrimp in shallow dish. Pour marinade over and refrigerate for 2-4 hours. Remove beef, chicken or shrimp from marinade, reserve. Place all vegetables and meat on skewers with alternating colors. Grill beef for 12-15 minutes, chicken for 15-20 minutes or shrimp for 6-8 minutes. Turn and baste kabobs frequently with reserved marinade. Serve on a bed of rice.

### Vidalia Onion Blossom Salad with Raspberry Vinaigrette

*pictured*

Cut onion into blossom, cut about 3/4 inch off top of onion, peel onion. Cut into onion 12 to 16 vertical wedges, but do not cut through bottom (root end). Chill in ice water. Serve on a bed of mixed greens, sweet peppers and carrots, etc. Garnish with fresh raspberries. Drizzle with raspberry vinaigrette (oil, vinegar, raspberries), salt and pepper.

### Baked or Grilled Vidalia Sweet Onions

Peel onion (one per person) and make cross approximately 3/4 inch deep in top of onion. Sprinkle with Worcestershire sauce. Slap on 2 pats butter, wrap in foil and bake at 375 degrees for 45 minutes OR place on hot grill while you're grilling your favorite meat.

### Baked Vidalia Onion and Rice Au Gratin

- 2 1/2 pounds (7-8 medium) Vidalia Onions, cut in 1" wedges  
 1/4 cup water or chicken broth  
 2 cups cooked rice  
 1 cup finely shredded nonfat cheddar cheese  
 1 cup (5-ounce can) sliced water chestnuts, drained  
 3/4 cup evaporated skim milk  
 Salt to taste  
 Fresh chopped chives for garnish

Preheat oven to 325 degrees. Coat an 8x8x2 inch or a 1 1/2-quart baking dish with pan spray. Coat a large nonstick skillet with pan spray. Heat skillet on medium heat and add the onions. As onions begin to cook, stir, add the water (or broth) and cover. Continue to cook covered on medium heat until the onions are clear, stirring 3 or 4 times. To the onions add the cooked rice, cheese, water chestnuts and evaporated skim milk. Mix well. Add salt to taste. Turn into baking dish and bake for 45 minutes. Garnish with chopped chives.

### Sweet Facts About Vidalia Onions

#### Vidalia Onions...

- are a Georgia-grown yellow granex hybrid known for its sweet, mild flavor — first grown in 1931 in Toombs County, Georgia. These onions have developed an international reputation as the "world's sweetest onion." Their mild flavor is due to the unique combination of soils and climate found in the 20-county production area.
- are harvested from late April through mid-June. You can usually find them in your grocery store through mid-July. However, due to the introduction of controlled atmosphere storage, stored Vidalias are available through December.
- have a higher water and sugar content than storage onions, making them susceptible to bruising, and therefore, they must be handled with care. The key to preserving them and to prevent bruising is to keep the onions cool, dry and separated. Favorite methods of storage are to wrap each onion separately in paper towels or newspaper and place in the refrigerator, lay onions on elevated racks or screens (not touching) in a cool place or hang in a cool, dry, well-ventilated area in the legs of clean sheer panty hose with a knot between each onion.
- offer a distinctly different flavor — milder and sweeter — than any other onions, so they are excellent in salads and sandwiches where hot onions would be overpowering. Thick slices are perfect on hamburgers or with grilled steak.
- are a good source of Vitamin C, are low in calories and are fat-, cholesterol- and sodium-free.

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