

HOW TO PREPARE ONIONS



1

**Peel onion skin.
Cut off the top.**

**Lay on flat end and
slice in half through
the root.**

2



3

**Lay one half flat.
Hold root and cut
long slits, leaving
the root intact.**



**Rotate onion and cut
across into a small
dice. Discard root.
Repeat with other
half.**

4



Turn over for a delicious recipe you can try at home!

RECIPE



Sweet Potato Hash

INGREDIENTS

- ¼ cup vegetable oil
- 2 sweet potatoes, cut into small cubes
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes (optional)

1. Heat oil in a skillet over medium-high heat.
2. Cook onions and peppers until tender, about 5 mins.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 minutes, stirring frequently. Serve warm.

Makes 6 servings. Recipe courtesy of Soulful Recipes: Building Healthy Traditions.

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