

Nutrition Bites



Onions and the Lily (Allium) Family

The onion, a bulb (not a root), is a relative of the asparagus, and is one of humanity's oldest vegetables, probably of Central Asia origin. They are the most universally used vegetable and flavoring agent. Some individuals refrain from eating them entirely because they "excite the passions" and create heat in the body (mostly Buddhist and yogic diets).

Depending on where they are grown and how much sulfur is in the water and soil, the onion can be sweet (low sulfur) or sharp. The Vidalia onion, for example, is as sweet as a fruit. The main characteristic of the onion family is its sulfurous odor and taste. Other lily family vegetables include garlic, leeks, shallots, and chives.

Featured Vegetable: Onion

- ✓ Anti-inflammatory, anti-viral and antibiotic properties
- ✓ Improve blood and energy circulation
- ✓ Help detoxify and remove heavy metals from the body
- ✓ Anti-cancer: its bioflavonoid quercetin is not destroyed by cooking
- ✓ Can help treat a common cold (Vitamin C)
- ✓ Can help regulate blood sugar (chromium and APDS)
- ✓ Can lower blood pressure

Sources: Wood, Rebecca. *The New Whole Foods Encyclopedia*. Penguin, 2010
Murray, M. et al. *The Encyclopedia of Healing Foods*. Atria, 2005.



Don't cry!

Here are some tips to reduce tearing up when cutting onions:

- use a sharp knife
- chill the onion before cutting
- burn a candle nearby and the flame will consume the sulfur
- wear goggles

This Week's Recipe

Cauliflower Cheese Pie with Grated Potato Crust

Crust

- 2 cups grated raw potato
- 1/4 cup grated raw onion
- 1/4 tsp salt (crust)
- 1 egg white, slightly beaten
- 1 Tbsp olive oil or butter

Filling

- 1 1/2 cup chopped onion
- 1 Tbsp minced garlic
- 3/4 tsp salt (filling)
- 3/4 tsp dried basil
- 1/2 tsp dried thyme
- 6 cups cauliflower florets, small
- 2 eggs
- 1/4 cup milk (dairy, hemp or nut milk)
- 1 cup grated cheddar cheese, packed
- Pinch of paprika

1 Preheat the oven to 400° and butter or oil a 9" pie plate.

2 Combine the grated potato, grated onion, salt and egg white and mix well. Spread to make an even crust on your plate, and bake for 30 minutes, then brush the crust lightly with olive oil and continue baking for 10 more minutes. Remove from the oven and reduce the heat to 375°.

4 While the crust is baking, heat the olive oil in medium-low heat on the stove and add the onion, garlic, salt, and herbs and saute for about 8 minutes or until the onion is translucent.

Makes 5 servings | Total time: 1.5 hours

5 Add the cauliflower, stir to toss, cover and cook for about 5 minutes. Give the cauliflower a stir, cover again, and continue cooking until cauliflower is tender but not falling apart.

6 Spread half the cheese in your baked crust. Cover with the cauliflower mixture and then sprinkle the remaining cheese on top.

7 Whisk together the eggs and milk. Pour over the vegetables. Dust the top with paprika.

8 Return the dish to the oven and bake for 35 - 45 minutes or until the eggs are set and the top is golden.