

The Onion Has Hidden Talents

By ELLY

A little green onion booklet from the National Onion Association contains a batch of recipes and some interesting information about this member of the lily family.

Doctors in England's New Castle University are investigating the therapeutic value of onions as a weapon against heart attacks. A chance remark that horses in France with blood clots in their legs are treated with garlic and onions triggered the research. Tests on humans demonstrated that onions somehow raise the blood's capacity to dissolve internal clots.

"According to an article in 'Prevention,' experiments showed that a raw onion, chewed for five minutes or less, 'renders the lining of the mouth completely free of all harmful bacteria.'"

Besides being a valuable source of calcium, phosphorus and iron, this versatile vegetable will prevent the frosting of your windshield in winter weather. Just rub the glass with the cut side of a raw onion.

The booklet suggests: To keep eyes from watering while cutting onions, slice under cold running water and slice from the top rather than the root end.

Onions will behave, even with company in the parlor, if you cook them; uncovered, in a large amount of boiling, salted water. They'll taste better too.

CHARCOAL BAKED ONIONS

6 medium-sized sweet onions
1 1/2 c. prepared stuffing mix
1 t. poultry seasoning (optional)
1 1/2 c. sharp grated cheese
2 c. melted butter or margarine
1/3 c. hot water

Peel onions and cut each crosswise in three or four thick slices. Combine stuffing mix and cheese. Add melted butter and hot water along with poultry seasoning if desired. Blend well. Spread stuffing mixture thickly between onion slices and reassemble each onion. Wrap each onion securely in heavy aluminum foil or double thickness regular foil. Place on grill or directly on coals. Bake one or two hours, depending on size of onions and heat of fire.

SWISS ONION PIE

4 strips bacon, diced
5 c. thinly sliced onions
1 c. grated Swiss cheese
3 t. sugar
1 t. flour
1 t. salt
Dash cayenne
1/4 t. black pepper
1/4 t. nutmeg
3 eggs
1 c. milk

19-inch unbaked pie shell
Fry bacon until crisp. Sauté onions in bacon fat until soft and light yellow in color. Add grated cheese. Combine sugar and flour with seasonings and add to slightly beaten eggs. Add milk to egg mixture. Pour sautéed onions and bacon in pie shell. Pour milk and egg mixture over onions. Bake in a preheated 425-degree oven for about 35 minutes or until custard is set and golden brown. Note: A half cup of diced ham may be substituted for the bacon. Most people prefer Swiss onion pie served warm.

CREAMED PEAS IN ONION CUPS

12 medium sized onions
6 c. boiling water
2 t. salt
3 t. butter
2 T. flour
Dash of pepper
1 c. milk
1 1/2 c. cooked peas

Peel onions and cook uncovered in boiling water to which 1 1/2 teaspoons salt has been added, 30 minutes, or until almost tender. Drain. Scoop out centers with a sharp paring knife to form cups. Put in baking dish with two tablespoons of butter, melted. Bake in hot oven (400 degrees) for 30 minutes, or until slightly browned, basting frequently with the melted butter. Meanwhile melt the remaining tablespoon butter in a saucepan. Blend in flour, remaining half teaspoon salt and the pepper. Stir in milk slowly. Boil two minutes stirring constantly. Add peas and heat thoroughly. To serve, fill onion cups with creamed peas. Serves six.



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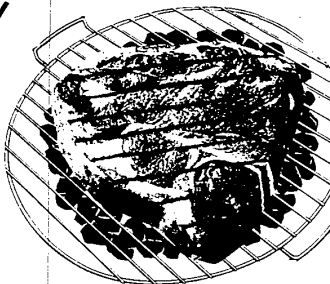
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