

THE NATURE'S NINJA PLAYBOOK

ONE SIMPLE RULE FOR
COOKING

Add onions



Nature's
NINJA

Nature's Ninja Playbook

The Onion —Nature's Ninja — has played a vital role throughout history in adding flavor and nutritional value to foods.

It has been grown for more than 5,000 years, making an impression on every era, from the Egyptians seeing it a symbol of everlasting life to being used as currency in Medieval times. Today, the onion is grown commercially in 25 states across America, and more than 83 percent of U.S. households purchase onions annually. The onion is used in 93 percent of America's dining establishments, and it is one of the top menued items for appetizers.

The onion is a strong agent for flavor and nutrition. It contains vital nutrients while being the ultimate diet food — great taste without the bad stuff. Please enjoy our onion tips and recipes in these pages to increase your consumption of one of American's most consumed and favorite vegetables.

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Nutrition Information

Disease
fighter

Flavor
agent

Body
booster



In the rush to gather health information on the processed foods we eat, it can be easy to forget to check the nutritional facts of vegetables like the onion.

Onions are:

- **High in vitamin C (1 onion contains 20% of your daily needs).**
- **A good source of fiber (1 onion contains 12% of your daily needs).**
- **Only 64 calories per one-cup serving.**
- **Sodium, fat, and cholesterol free.**

Research has made the benefits of knowing the nutritional facts of vegetables clear: An active lifestyle combined with a high intake of fruits and vegetables have been associated with a variety of health benefits highlighted in the health research section.

Why do we call the onion Nature's Ninja?

Because, like Ninjas, they are:

Survivors— From its hard, papery skin keeping bacteria at bay to its pungent juices preserving itself, the onion was built to survive the elements and to stay safe from pests and bacteria. That's why it is one of the safest vegetables coming out of the field.

Masters of disguise— From the outside, the onion seems unassuming and simple. But there's a warrior inside ready to fight disease.

Resourceful — Onions have many properties to keep those who eat them healthy — while it helps sustain a healthy gut, it can also help your mental health – have you have a good cry lately?

Adaptable — It can tempt the taste buds in a variety of forms to create just the right mixture of tastes to add the perfect touch to your meals.

Stealthy— Who hasn't minced an onion to slip into recipes without being noticed?

Several studies show the onion —Nature's Ninja is skilled at contributing to a healthy heart and gut, lowering blood pressure, reducing the risk of diabetes and certain cancers and more.

For more information, [click here](#).

1 Onion =

- 12% of daily fiber
- 20% of daily Vitamin C
- 11 vitamins and minerals
- Naturally, fat, sodium and cholesterol free

Health

TO ADD ONIONS

Prepare



www.naturesninja.org

Know your onions



RED

A good choice for lots of fresh uses or for grilling, charbroiling, roasting and pickling.



YELLOW STORAGE

A reliable stand-by for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor.



WHITE

Often used in prepared salads, white sauces, and is the traditional onion for classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.



SPRING FRESH

Also a yellow onion, but it has a higher water content and thus, a shorter shelf life. Often sold under brand names such as Walla Walla or Vidalia.

TO ADD ONIONS

Prepare

Nature's Ninja approved onion tips

To guarantee onions for every meal, always have some on hand, ready to go.

- Dice up one onion to include in salads, top tacos and burritos, or add a little flavor to cooked vegetables throughout the week.
- Caramelize onions to include on sandwiches, top proteins or provide texture for soups.
- Pickle an onion and keep refrigerated to add to salads or tacos or any other savory meal that needs a boost.
- Raw onions are good for 7 days in the refrigerator. Caramelized are good for 5 days in air-tight container.

For great recipes including onion go to www.onions-usa.org



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TO ADD ONIONS

Prepare

The secret slice

Tips to reduce the tears

- Chill onion for 30 minutes.
- Use a sharp chef's knife; 8-12' blade.
- Put a damp towel beneath cutting board to keep it steady.
- Start at top, cutting root end last.
- Embrace it and get a good cry in.

For great recipes including onion
go to www.onions-usa.org



How to Cut an Onion

STEP 1.

Cut off the top/stem of the onion. Peel off the outer layers of skin. Dispose of skin and trim root end if necessary. Make sure not to contaminate the cutting surface and clean the knife before proceeding.



STEP 2.

To dice, cut the whole peeled onion in half, from root end to stem end.



STEP 3.

Lay each half cut side down on cutting board. Make multiple, evenly spaced cuts from root end to stem end of onion, being careful not to cut through the root end. Adjust the space between each cut to obtain the desired dice size.



STEP 4.

Hold the onion together and make horizontal cuts parallel to the cutting surface. Again, be sure to leave the root end intact.



STEP 5.

Make multiple cuts across the onion, adjusting the number of slices for desired dice size. Dispose of hard root end.



STEP 6.

Separate onion pieces. Add to recipe for layers of flavor.

Tips for Cutting an Onion without Tearing:

When an onion is pierced, a chemical reaction takes place, which releases sulfur compounds. These compounds may irritate the eyes and cause tearing.

To reduce tearing:

Chill onion about 30 minutes before cutting.

Always use a sharp knife.

Begin cutting at the top, leave root end uncut as long as possible as it contains the highest concentration of sulfur compounds.

For Cutting Onion Slices and Rings.

For slices or wedges, cut whole peeled onion in half from stem end to root end. Make evenly spaced cuts along the grain.



For onion rings, place a whole peeled onion on its side and slice crosswise every 1/4 to 1/2-inch. Separate each slice into individual rings. Save the centers to dice for use in other recipes.



For more information and recipes, visit www.onions-usa.org.

NOA
NATIONAL ONION ASSOCIATION



[Cutting onions video here](#)



Ways to cut onions

Diced

Small 1/4"
Medium 1/2 "
Large 3/4"

Brunoise

Smallest Dice

Chopping

Use when size is not important

Mincing

Fine cut

Sliced

TO ADD ONIONS

Prepare

Caramelizing made easy

- Dice or slice onions and place in pan coated with small amount of fat.
- Sweat onions over low heat by covering them with a lid to seal in moisture.
- Uncover when onions are soft, translucent. Sauté until they turn brown.
- Lower heat, continue to cook, stirring occasionally, until golden brown.
- May take up to 45 minutes; reduce time in half by adding just a pinch of baking soda.
- Store up to 5 days in refrigerator in sealed, air-tight container.



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The Many Ways to Use Caramelized Onions

- Toss with hot steamed green beans, asparagus or sugar peas
- Heap onto sandwiches or a hamburger to add great flavor
- Use to top pizzas
- Smother on broiled chicken or pork chops
- Create a bed for serving poached fish
- Mix with fresh spinach leaves, sun dried tomatoes and pine nuts
- Use with portabella mushrooms to top steak
- Spoon the lavish richness of caramelized onions into baked potatoes instead of the usual butter sour cream. Twist black pepper over the top.



Enchilada Stack with an Attitude – Layer a corn tortilla with black or pinto beans, diced bell pepper, dabs of salsa, grated sharp cheddar and a layer of caramelized onions. Repeat layering then top with a third tortilla. Sprinkle with more cheese and bake until hot and melted

For fusion style cooking flavors accompany grilled chicken breast with simple but exotic combination of caramelized onions, fresh orange or papaya slices and bottled Asian plum sauce.

TO ADD ONIONS

Prepare



Pickling made easy

Pickled Ginger Onion Relish

- 3 cups red onions, sliced 1/8-inch thick
- 3/4 cup rice wine vinegar
- 2 tablespoons honey
- 1 teaspoon sea salt
- 1/8 teaspoon ground red pepper
- 1/2 cup pickled ginger with juices

Place onions into a bowl and cover with icy water for 10 minutes. Drain when ready to use. In a saucepan, heat vinegar, honey, salt and pepper over low heat just until boiling. Remove from heat. Pour over drained onions and mix well. Stir in ginger with juices and mix. Cover and cool to room temperature, stirring occasionally. Place in a covered container and refrigerate at least 24 hours before using.



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Best ways to use pickled onions

Possibly one of the most versatile condiments, pickled vegetables find a way into nearly every cuisine. When it comes to vegetables – onions are one of the most versatile vegetables and found in nearly every cuisine.

No wonder the pairing of onions and pickling is so tasty and . . . increasingly popular!

Best uses are anything, really, where you want to add a little sweet kick to something savory. We like them on tacos, burgers, even flatbreads and salads.

Click on the links to find these recipes at www.onion-usa.org

- [Carne Asada Street Tacos](#)
- [Pickled Onion Turkey Burger](#)
- [Tandoori Shrimp Flatbread with Pickled Onion](#)



Breakfast recipes



Chipotle Egg Sandwich

A grab 'n go sandwich for breakfast with a little kick!

Ingredients

1 yellow onion
4 large eggs
Cooking spray
1/4 tsp each salt and pepper
8 slices reduced sodium bacon
1/4 cup reduced fat mayonnaise
1 tsp minced chipotle with 1 tsp adobo sauce
1/2 cup shredded lettuce
4 toasted whole wheat English muffins

Directions

Heat a large non-stick skillet over medium heat. Add the bacon in a single layer and cook turning frequently until crisp, about 8 minutes. Transfer to paper towel to drain.

Per Serving:

479 calories
16.3 grams protein
30 grams carbohydrates
33.5 grams fat
5.1 grams fiber
613 mg sodium

Wipe skillet clean with paper towel and return to heat. Coat with cooking spray. Arrange onion rings in a single layer. Crack an egg into each onion ring. Cook, covered, for 4 to 6 minutes until whites are set and yolks are still runny.

Mix mayonnaise with chipotle and adobo sauce. Spread on bottom English muffin. Top with shredded lettuce, bacon, and egg cooked in an onion ring. Cap with remaining English muffin half.

Serves 4.

Prep Time: 10 minutes

Cook Time: 10 minutes



Onion and Egg Hash

- 2 tablespoon canola oil
- 1 white onion, chopped
- 2 pounds sweet potato, peeled and cut into 1/2-inch cubes
- 1-1/2 cups small cauliflower florets
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup chicken broth
- 4 large eggs
- 2 tablespoon finely chopped chives

Heat oil in a large skillet over medium heat. Add onion, sweet potato, cauliflower, chili powder, salt and pepper. Cook for 5 minutes or until heated through. Pour in the chicken broth, cover and simmer 10 to 12 minutes or until sweet potato is tender.

Create 4 small indentations in the potato mixture. Crack an egg into each indentation. Cook, covered, for 4 minutes until egg white is set and yolk is runny. Sprinkle with chives and serve immediately.

Note: For an even heartier breakfast, stir in leftover shredded chicken with the sweet potato and onions.

Per serving: About 282 calories, 10g protein, 41g carbohydrates, 8g fat, 183 mg cholesterol, 8 g fiber, 369 mg sodium.



Ranch-Style Breakfast Burrito w/Two Onion Salsas

- 4 (8-inch) flour tortillas, preferably whole wheat or sprouted wheat
- 2 cups chopped onions
- 1 tablespoon olive oil
- 4 eggs
- 4 egg whites
- 1 cup chopped tomatoes
- 1/4 cup chopped cilantro or parsley
- 1/4 teaspoon black pepper
- 1/4 Fresh Mango Salsa (recipe follows)
- 1/4 Avocado-Red Onion Salsa (recipe follows)
- 1/4 Fat-free sour cream or yogurt

Stack tortillas; wrap in foil. Heat in 350-degree oven for 10 to 15 minutes. Meanwhile, sauté onions in oil over medium heat for 5 minutes or until tender. Beat eggs, egg whites, tomatoes, cilantro and black pepper together in bowl with fork. Pour over onions and cook on medium heat, stirring with spatula until scrambled, about 6 minutes. Divide egg mixture onto warm tortillas. Roll tortillas around the egg mixture, tucking in ends to prevent filling from falling out. Serve with salsas and sour cream or yogurt.

Makes 4 servings. *Per serving burrito only: About 350 calories, 14g protein, 47g carb, 130g fat, 3mg chol, 215mg sodium.*

Fresh Mango-Onion Salsa: Combine 1 cup chopped fresh mango (or peaches) with 1/4 cup chopped yellow or red onion, 1/2 teaspoon grated orange peel, 2 tablespoons orange juice and 1 to 2 teaspoons minced seeded fresh jalapeno pepper (optional). Makes 1 cup.

Per 1/4-cup serving: About 40 calories, 0g protein, 10g carbohydrate, 0g fat, 1g fiber, 0mg cholesterol, 0mg sodium.

Avocado-Red Onion Salsa: Combine 1 large or 2 small diced avocados (about 1 cup) with 1/4 cup thin wedges of red onion, 2 tablespoons chopped fresh cilantro and 1 tablespoon lime juice. Makes 1 cup.

Per 1/4-cup serving: About 60 calories, 1g protein, 4g carbohydrates, 6g fat, 0mg chol, 3g fiber, 0mg sodium.

Lunch recipes



Per Serving
w/ prosciutto:

711 calories
22.35 grams protein
39 grams carbohydrates
52 grams fat
730 mg sodium
4.8 grams fiber

Panini Stuffed with Spicy Caramelized Onions, Basil and Roasted Red Pepper

- 2 quarts yellow onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon red pepper flakes
- 4 ciabatta rolls
- Aioli (recipe follows)
- 1 cup basil leaves
- 1 cup roasted red pepper strips
- 8 ounces sharp white Cheddar, sliced
- 1/2 cup pitted Calamata olives, halved
- 2 ounces prosciutto or pancetta, in paper-thin slices (optional)

Caramelize onions over low heat in oil about 15 to 20 minutes or until golden; mix in red pepper flakes. Split ciabatta rolls and brush inside lightly with Aioli. For each serving, layer bottom of roll with 1/4 cup basil leaves, then 3/4 cup caramelized onion, then 1/4 cup roasted red pepper, 2 ounces cheese and 2 tablespoons olives. Add 1/2 ounce prosciutto if desired. Close top of rolls over and brush with aioli. Place each one in panini grill set at medium, slowly close lid (somewhat flattening sandwich inside) and grill 15 minutes or until golden and melted.

Aioli:

Combine in electric blender 1/2 cup olive oil, 1 tablespoon white wine vinegar, 2 medium cloves garlic and a dash of salt. Process until blended and slightly thickened. Add freshly ground black pepper to taste.

4 servings



Classic Onion Soup

- 4 large yellow onions (about 9 to 11 ounces each), sliced
- 6 tablespoons butter or margarine
- 1 tablespoon sugar
- 2 quarts reduced sodium chicken broth
- 1/2 cup brandy (optional)
- Salt and pepper, to taste
- 1/2 baguette French bread, sliced, toasted
- Grated Romano cheese

Melt butter in large saucepan that holds at least 4 quarts. Add onions; cook over medium heat 12 minutes, or until tender and golden. Stir often. Add sugar and cook, stirring for 1 minute. Add broth; cover and bring to a boil. Reduce heat; simmer 12 minutes. If desired, add brandy; cook 2 minutes longer. Season with salt and pepper. To serve, ladle soup into bowl; float toast on soup. Sprinkle with cheese. Makes 6 servings.

Per serving: About 362 calories, 16g protein, 30g carbohydrates, 17g fat, 51mg cholesterol, 3g fiber, 1,100mg sodium.



High Protein Chicken, Onion and Quinoa Salad

Dressing:

- 1/4 cup apple cider vinegar
- 2 teaspoon honey
- 1 teaspoon honey Dijon mustard
- 1 tablespoon lemon juice
- 2 tablespoon olive oil

- 1-1/2 cups red quinoa, rinsed
- 2-1/2 cup vegetable broth
- 1 teaspoon canola oil
- 1 white onion, sliced
- 3 cups chopped kale, ribs removed and discarded*
- 1 red skinned apple, chopped
- 2 cups chopped cooked chicken
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

For dressing: Whisk together vinegar, honey, mustard, lemon juice and olive oil. Set aside.

Add the quinoa and broth to a medium pot over high heat. Bring to a boil then reduce heat and simmer covered for 12-15 minutes. Cool completely. In a medium skillet, heat canola oil over medium-high heat. Add the onion and cook for 3-5 minutes until softened. Remove from heat to cool completely. In a large bowl toss onion, kale, apple, chicken, salt and pepper with prepared dressing. Add cooled quinoa and serve. Makes 6 servings.

Prep Time: 10 minutes, Cook Time: 15 minutes.

*Note: Spinach can be substituted for kale.

Per serving: 679 calories; 11g protein; 63g fat; 21.4g carbohydrates; 2.6g fiber; 246 mg sodium.

Appetizer, snack recipes



Best Onion Ring Tips

Breaded onions should be placed on a tray in the refrigerator or freezer for at least 10-15 minutes before cooking to allow the breading to adhere to the onion. Note: the finer the bread crumbs the better they will stay on the rings.

Use oil with a high smoke point like canola, sunflower, safflower, or peanut. Do not reuse oil.

Watch the oil temperature. Aim for 375°F.

Too low: the water will not vaporize and will fail to create the necessary pressure to block the oil, thus resulting in greasy onion rings.

Too high: you will have dried out, overcooked or burnt onion rings

Best Ever Onion Rings

3 large onions (about 9 to 11 ounces each), peeled and trimmed
1 cup flour
1 teaspoon paprika
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup regular or non-alcoholic beer
Canola oil

Cut onions crosswise into 1/2 inch slices; separate into rings. Refrigerate broken or end pieces for other uses. Combine flour, paprika, salt and pepper in large bowl. Stir in beer, beating with wire whisk until foam is gone.

Baked version: Toss onion rings in batter. Transfer to plate, letting excess drip off as you transfer. Place about 1 tablespoon oil in large 12-inch nonstick skillet; heat on medium high. Add about half the onion rings to the heated skillet in a single layer. Cook about 1-1/2 minutes on each side or until lightly golden in color. Repeat with remaining onions. Arrange all onions in a single layer on ungreased, shallow baking pans or cookie sheets. Bake at 425 degrees for 6 minutes, or until crisp. Makes 6 servings.

Per serving: About 155 calories, 4g protein, 30g carbohydrate, 3 g fat, 0 mg cholesterol, 3 g fiber, 5 mg sodium.

Deep fried version: Heat at least 2-inches oil in deep fryer for 5 to 10 minutes or according to fryer directions. (If fryer has a temperature adjustment, set it at 375 degrees and heat until light goes out.) Drop batter coated onion rings into hot oil (about 10 to 20 at a time). Fry 2 to 4 minutes or until crisp. Drain on paper towels before serving. Makes 6 servings.

Per serving: About 242 calories, 4g protein, 29g carbohydrate, 13g fat, 3 g fiber, 0mg cholesterol, 5 mg sodium.

Variation: Add 2 teaspoons each of dried thyme, chili powder and ground cumin to batter. After baking or frying, sprinkle crispy rings with additional chili powder, ground cumin or bottled pepper blends, if desired.



Crusty Onion Bruschetta

- 1 French bread baguette (about 8 ounces)
- 4 ounces light cream cheese
- 1/2 cup nonfat or low fat ricotta cheese
- 2 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 cup pizza sauce, canned
- 1 medium onion, cut into paper-thin wedges
- 1/4 cup Parmesan cheese, grated
- Parsley flakes (optional)

Split bread in half lengthwise. Pull out some bread from center of each half, leaving a 1/2-inch shell. Beat cheeses and herbs with fork and spread mixture along length of both bread halves. Place a ribbon of pizza sauce and a single layer of onions over cheese mixture. Sprinkle with Parmesan and bake on baking sheet at 400 degrees for 30 minutes or until onion is tender and tips are slightly blackened, but crust is not too dark. Sprinkle with dry parsley flakes if desired. Cut crosswise into narrow strips. Makes 8 servings.

Per serving: About 161 calories, 8g protein, 21g carbohydrates, 5g fat, 8 mg cholesterol, 21g fiber, 469mg sodium.



Pan Fried Onion Slices

- 2 large onions (9 to 11 ounces each), peeled and sliced 1/2-inch thick
- 1 to 2 tablespoons vegetable oil
- 4 tablespoons grated Parmesan cheese
- 1/4 teaspoon oregano, crushed
- Pepper to taste

Pan-fry onion slices in large skillet 8 to 10 minutes or until onions are tender; turn halfway through cooking time. Sprinkle slices with cheese, oregano and pepper and heat until cheese melts. Makes 4 servings.

Per serving: About 85 calories, 3g protein, 7g carb, 5g fat, 5 mg cholesterol, 1 g fiber, 109 mg sodium.

Dinner recipes



Spicy Sheet Pan Jambalaya

1 large yellow onion, diced
½ large green bell pepper, diced
½ large yellow bell pepper, diced
½ large red bell pepper, diced
3 stalks celery, diced
2 garlic cloves, minced
1 to 2 jalapeños, seeded and diced
1 pint cherry tomatoes
3 tablespoons olive oil, divided
½ teaspoon salt
½ teaspoon black pepper
1 tablespoons Cajun seasoning blend
1 andouille sausage link (13.5 oz.), sliced
1 pound large shrimp, peeled and deveined
1 lemon, sliced in very thin wedges
2 green onions, sliced
2 tablespoons fresh chopped parsley
linguine noodles, cooked according to package directions

Per Serving:

240 calories
17.5 grams protein
8.4 grams carbohydrates
15 grams fat
1.5 grams fiber
1,149 mg sodium

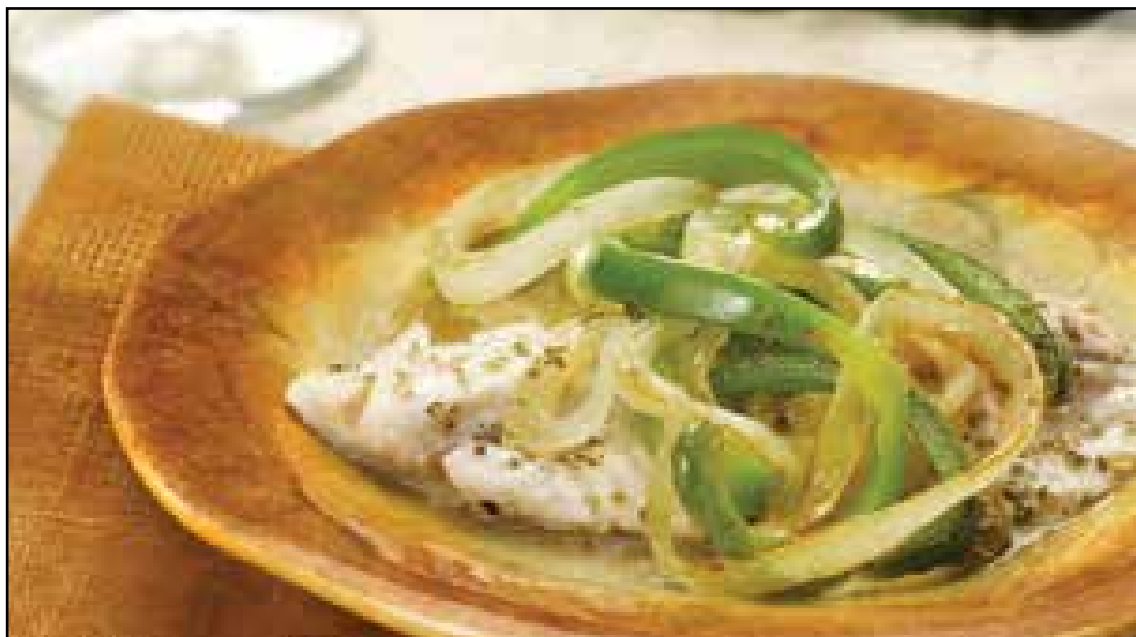
Preheat oven to 400 degrees F.

On a large parchment lined baking sheet, toss together the onion, bell peppers, celery, garlic, jalapeños, tomatoes, 2 tablespoons olive oil, salt pepper until evenly combined. Give the pan a shake to ensure that everything is on a single layer. Add the andouille sausage. Roast the veggies until they are beginning to char, about 15 to 20 minutes.

In a medium bowl, toss the shrimp with the Cajun seasoning. Remove the baking sheet from the oven and distribute the shrimp on top in an even layer. Add lemon wedges. Return to the oven and cook until the shrimp is no longer pink, about 5 to 8 minutes.

Garnish with fresh lemon slices, green onions and parsley. Serve over linguine.

Serves 4 – 6 People



Garden-Style Fish with Onions and Bell Peppers

- 2 cups sliced yellow onion
- 1 cup thinly sliced green and/or red bell pepper
- 3 tablespoons olive oil
- 1 pound white fish filets (tilapia, sole, perch or orange roughy)
- 1/2 teaspoon marjoram
- Garlic salt, to taste
- 1/2 cup vegetable broth or white wine

Sauté onion and bell pepper in large skillet in 2 tablespoons oil over medium heat for 8 to 10 minutes or until tender and lightly sautéed. Push the vegetables to one side of the skillet and add 1 tablespoon oil to pan. Place fish in single layer in pan. Spoon vegetables over fish and sauté 2-5 minutes (depending upon thickness of filets) or until fish are cooked halfway through. Turn fish, sprinkle with marjoram and garlic salt and finish cooking. Add broth or wine to pan and continue to cook, uncovered until liquid reduces slightly. Serve fish with pan juices and the vegetables over the top.

Makes 4 servings.

Per serving: 258 calories, 20g protein, 5g carbohydrates, 1g fiber, 17g fat, 54mg sodium.



Pasta Primavera with Caramelized Onions

- 2 large onions sliced
- 1 large red bell pepper sliced
- 1 large green bell pepper sliced
- 2 large zucchinis (7 inches each) sliced
- 3 tablespoons olive oil
- 8 ounces cooked penne pasta
- 1 8 ounce container basil pesto sauce
- 1 cup shredded Italian cheeses

In a large skillet, caramelize the onions by cooking on medium low heat in 2 tablespoons of olive oil for 15-20 minutes or until golden. Add red and green bell peppers, zucchini and 1 tablespoons of olive oil to the onions. Continue to sauté 8-10 minutes, until the peppers and zucchini are tender. Meanwhile, cook 8 ounces penne pasta in boiling water for 10 minutes or until tender; drain. Return hot pasta to pan; add vegetables and basil pesto sauce. Gently toss ingredients together to coat. Heat through for 5-10 minutes. Lightly mix in 1 cup shredded Italian cheeses and serve.

Makes 6 servings.

Per serving: 244 calories; 8g protein; 17g fat; 17g carbohydrates; 3g fiber; 181 mg sodium.

Dessert recipes



Caramelized Secret Chocolate Cake

- 6 ounces unsweetened chocolate
 - 1 cup yellow onion, finely diced
 - 1 cup vegetable oil, divided
 - 2 cups sugar
 - 2 eggs
 - 1 teaspoon vanilla
 - 2 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1 cup milk, soured with 1 tablespoon vinegar
- Easy Fudge Icing (recipe follows)

Melt chocolate in saucepan, stirring over low heat, or in microwave oven. Caramelize onion by sauteing over medium low heat for 8-10 minutes in 2 tablespoons oil in skillet until soft. In large bowl, beat remaining oil with sugar, eggs and vanilla until thoroughly mixed and fluffy, about 2 or 3 minutes. Beat in warm melted chocolate and caramelized onions. Mix flour with baking soda and salt; stir into batter alternately with milk. Divide batter evenly into 2 well-greased and floured 8-inch round layer cake pans. Bake at 350 degrees for 25-35 minutes or until a pick inserted into center comes out dry. Cool 15 minutes then invert onto wire racks to thoroughly cool. Spread on icing.

Per Serving:

830 calories
8 grams protein
110 grams carbohydrates
46 grams fat
58 mg cholesterol
6 grams fiber
295 mg sodium

Easy Fudge Icing:

Melt 8 ounces unsweetened chocolate with 1/2 cup butter in saucepan, stirring often over very low heat. Mix in 1/2 cup hot water then turn into mixing bowl. Beat in about 5 cups powdered sugar, a portion at a time. (Adjust as needed to make a good consistency.) Quickly fill and frost cake while icing is still warm. If some icing gets too cool to spread easily, place it in microsafe bowl and microwave shortly just until softened and lustrous.

Makes about 3-1/2 cups.

** Best flavor and texture the first day. Onion flavor starts to come through as cake stands for 2 to 3 days.*



Caramelized Onion Brandy Ice Cream

1 large yellow onion, thinly sliced
1 ¼ tsp vegetable oil
6 teaspoons brandy
2 cups heavy cream
1 ½ cups milk, whole
1 ½ cup sugar, granulated
¼ teaspoon salt
3 cardamom pods
2 teaspoon dried shallot (optional)
2 teaspoon chives (optional)
Balsamic (optional as garnish)
Chocolate pieces (optional as garnish)

Directions

Thinly slice onion. Heat oil in sauté pan and deeply caramelize onion over medium heat. Deglaze the pan with brandy and cook off all alcohol. Reduce any liquid until dry. Weigh out 2/3 cup of the onion. Combine the heavy cream, milk, sugar, salt, cardamom, and 2/3 cup of the caramelized onions in a sauce pot. Bring to boil and remove from heat. Be cautious not to allow it to boil over. Remove from heat and allow to steep for 15 minutes.

Transfer to a blender and blend till smooth. Transfer to a clean, shallow, metal pan appropriate for the size of the liquid. Add dried shallot and chives if desired. Place the pan in the freezer. Stir every 20 minutes until the ice cream reaches the desired consistency. This could take up to 3 hours. Yields approx. 1 1/3 quart
Special notes



[How to make this recipe](#)

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Find more recipes and more at

www.naturesninja.org



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