

# Onions

Onions are a good source of vitamin C, B vitamins, and potassium.

Onions are also a Prebiotic! They feed the good bacteria in your gut!

## How to store:

- Store uncovered in a dry dark place for up to two months or at room temperature for up to three weeks.
- You can also refrigerate cut portions for up to four days.

## How to prep:

- Rinse, trim outer root ends. Discard outer leaves,
- Leave whole, cut into quarters, slice or chop

## Use it:

- Anything! It is a kitchen staple!
- Chilis
- Cold on fresh salads
- Stocks & Soups
- Omelets

