

Onions: Picking the Right Ones



Onions may make us cry when we cut them, but they bring plenty of good things to the table! Onions add flavor to foods without adding much fat, sodium, or calories. They also provide vitamin C, vitamin B6, folate, potassium, and fiber. Onions contain plant compounds called antioxidants, including quercetin. Antioxidants help protect our cells from damage and may support heart health and a healthy immune system.

Yellow onions are the all-purpose onion and a great choice when a recipe simply says "onion." They have a strong flavor when raw, but cooking makes them sweeter and milder. Yellow onions are excellent for soups, stews, casseroles, meatloaf, sauces, and roasted dishes. They are also one of the best onions for caramelizing because their natural sugars develop a rich, sweet flavor when cooked slowly.

Inside This Issue

Onions: Picking the Right Ones 1-2

5 Types of Onions Every Home Chef Must Know 3

Herbs and Spices: Lemongrass 4-5

Recipe—Vietnamese Lemongrass Chicken 6

Brain Exercise 7

Monthly Observations 8

Onions: Picking the Right Ones

Sweet Onions

Sweet onions, such as Vidalia onions, have a naturally mild and sweet flavor. They are delicious raw on sandwiches and salads and are also great for grilling, roasting, onion rings, and caramelizing. Sweet onions contain many of the same nutrients as other onions, including vitamin C and antioxidants. Because they contain more water, they usually do not keep as long as regular yellow onions.

Red Onions

Red onions are easy to spot because of their beautiful reddish-purple color. They have a crisp texture and a stronger flavor, making them a good choice for salads, sandwiches, burgers, salsas, and pickling. Grilling or roasting red onions makes their flavor sweeter and less sharp. Their colorful outer layers also contain anthocyanins, the same type of antioxidant pigments found in blueberries and purple cabbage.

White Onions

White onions have a clean, sharp flavor and are often used in Mexican and Latin American cooking. Try them raw in salsa, pico de gallo, tacos, and salads. They also work well when sautéed for soups, sauces, and other cooked dishes. White onions provide vitamin C and other helpful plant compounds while adding plenty of flavor for very few calories.



Green Onions

Green onions, also called scallions, have long green tops and small white bulbs. Both parts can be eaten. Their mild flavor makes them perfect for salads, eggs, soups, stir-fries, baked potatoes, and garnishes. They are usually added near the end of cooking so they keep their fresh flavor and color. Green onions also provide vitamin K, vitamin C, and vitamin A.

Shallots

Shallots are smaller members of the onion family with a mild, slightly sweet flavor. They are especially good in salad dressings, sauces, roasted vegetables, egg dishes, and sautés. When finely chopped, raw shallots can add onion flavor without being quite as strong as a regular onion. Like other onions, they contain antioxidants and small amounts of several vitamins and minerals.

An Onion for Every Meal!

Choose yellow onions for everyday cooking, sweet onions for grilling, red onions for salads, white onions for salsa, green onions for fresh toppings, and shallots for dressings. Trying different varieties is an easy and inexpensive way to add flavor and nutrients to meals. So, even if chopping an onion brings a few tears, the flavor it adds is worth crying over!



5 Types of Onions

Every Home Chef Must Know

A Shallot

Subtle flavor, sweet with a little spiciness, great for an egg dish, vinaigrette, garnish.

B White Onion

Crunchiest, high water content, sharpest, large, mostly used in Mexican cooking.

C Red Onion

Mild, best eaten raw, crisp, adds color to guacamole, salsa, pickling, sliced in salads, on burgers, in sandwiches.

D Sweet Onion

Vidalia and Walla Walla, thick layers, frying, onion rings, baked gratin, French Onion Soup.

D Sweet Onion

Vidalia and Walla Walla, thick layers, frying, onion rings, baked gratin, French Onion Soup.

E Yellow Onion

Sharp and spicy which mellows, when cooked, caramelizes well because of the high sugar content.



Herbs & Spices: Lemongrass

About Lemongrass

Lemongrass is a tall, green herb that smells and tastes a little like lemon. It is often used in foods from Thailand, Vietnam, India, and other parts of Asia. The lower part of the stalk is most often used for cooking, adding a fresh, citrus flavor to dishes.

This aromatic herb has been used for hundreds of years. It grows exceptionally well in warm areas of Asia and Africa. Today, it has gained global popularity and can easily be found fresh or dried in most grocery stores.

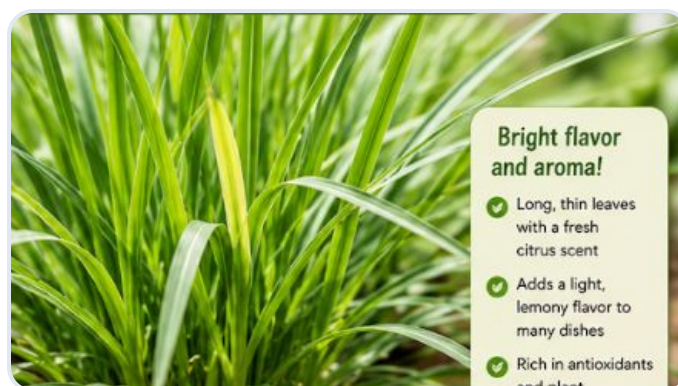
Nutritional & Health Benefits

Lemongrass provides essential minerals like iron, potassium, and magnesium. It contains natural antioxidants that protect the body's cells from damage. It has also traditionally been used as a home remedy to aid digestion and soothe an upset stomach.

How to Prepare & Use

To use fresh lemongrass, remove the tough outer leaves and focus on the softer, pale bottom part of the stalk. Chop or crush it to release its vibrant, citrus oils before adding it to your dishes.

It is incredibly versatile: use it to brew a refreshing, caffeine-free herbal tea, or toss it into soups, curries, rice, chicken, and stir-fries to elevate your meals with a bright lemon flavor.





Lemongrass

A FRAGRANT HERB FOR FLAVOR AND WELLNESS

Lemongrass (*Cymbopogon citratus*) is a tropical grass with a fresh lemon scent and flavor. It is commonly used in Asian, Caribbean, and many other cuisines. It adds bright flavor to meals and drinks—without extra salt, sugar, or fat!

NUTRITION HIGHLIGHTS

Lemongrass is very low in calories and contains small amounts of important nutrients and beneficial plant compounds.

- Vitamin C** – supports immune health and helps protect cells.
- Vitamin A** – helps support healthy skin and vision.
- Potassium** – helps your body maintain a healthy balance of fluids.
- Iron** – supports healthy blood.
- Antioxidants** – help protect cells from damage caused by stress and aging.

➔ A small herb with big benefits!

What is Lemongrass?



A tall, perennial grass with long, slender leaves and thick, pale stalks at the base.



The lower part of the stalk has a mild lemon flavor with a hint of ginger.



Used fresh or dried in cooking, teas, and natural remedies for centuries.



WAYS TO USE LEMONGRASS



Soups & Curries: Adds a fresh, citrus flavor to broths, coconut soups, and curry dishes.



Stir-Fries: Use in Asian-style stir-fries with vegetables, chicken, shrimp, or tofu.



Marinades: Pound or chop the stalks and add to marinades for chicken, fish, or beef.



Rice & Noodles: Infuse rice or noodles with lemongrass for a light, fragrant taste.



Drinks: Steep stalks in hot water for a soothing tea or add to iced tea, lemonade, or infused water.



Teas: Naturally caffeine-free and refreshing!

HOW TO PREPARE

- 1 Choose fresh stalks that are firm and pale green or white at the base.
- 2 Remove tough outer leaves. Use the lower part of the stalk. Slice, chop, bruise, or pound to release the flavor.
- 3 Add to your recipes while cooking. Remove larger pieces before serving if using in soups or teas.



DELICIOUS WAYS TO ENJOY



THAI COCONUT SOUP
Bright and refreshing!



LEMONGRASS STIR-FRY
Perfect with veggies and lean proteins.



LEMONGRASS TEA
Calming, soothing, and caffeine-free.



INFUSED WATER
Add slices to water for a fresh lemon flavor.

HEALTHY TIP



Using herbs like lemongrass can help you enjoy flavorful meals with less salt, sugar, and added fat. Small changes can support heart health, blood pressure, and overall wellness.



GROW YOUR OWN!



- Lemongrass grows well in pots or gardens.
- Place in a sunny spot with well-drained soil.
- Water regularly. It likes warmth!
- Harvest by cutting stalks at the base.
- It will grow back again!



DID YOU KNOW?



Lemongrass is not only used in cooking but is also used in natural remedies and aromatherapy for relaxation and well-being.



Vietnamese Lemongrass Chicken

Recipe Quick Details

Prep Time: 45 mins

Cook Time: 15 mins

Servings: 2



Ingredients

- ⅔ cup lime juice (plus extra wedges for serving)
- 1 ½ tablespoons [fish sauce](#)
- 1 tablespoon maple syrup or brown sugar
- 1 tablespoon avocado oil or neutral oil
- ½ tablespoon low-sodium soy sauce
- 2 small garlic cloves
- 1 stalk lemongrass (tender white parts, chopped)
- ½ medium shallot (peeled)
- 1 pound boneless chicken breasts (1-inch pieces)

Preparation & Directions

1. **Make Marinade:** Puree lime juice, fish sauce, maple syrup, oil, soy sauce, black pepper, garlic, lemongrass, and shallot in a blender until smooth.
2. **Marinate Chicken:** Toss chicken in marinade inside a large bowl. Cover and let sit for 30 minutes.
3. **Prep Grill:** Preheat grill to medium-high. Thread chicken evenly onto skewers (soak wooden skewers 15 mins prior).
4. **Grill Kabobs:** Place kabobs on hot grill. Cook 10-14 mins, turning once, until golden brown and cooked through.
5. **Rest:** Transfer to a clean plate, loosely tent with foil, and let rest for 5-10 minutes.
6. **Serve:** Serve warm with extra lime juice. Or, store in a [sealed container](#) for up to 3 days (or freeze up to 3 months).

Brain Exercise

Don't Just Exercise Your Body – Work Out Your Brain!

Easy Jigsaw Sudokus from Puzzles to Print Set 1

Jigsaw Sudoku follows standard Sudoku rules using 1–9, but features irregular jigsaw-shaped regions instead of 3×3 boxes. Each row, column, and jigsaw region must contain every number once without repetition.

5	8		4	1		7	6
1			7				8
			3	4			
8		5			4	6	3
4	6	8			7		2
			8	6			
2				3			4
3	5		6	8		2	7

8		3		7		2	1
2		5	6		7		
	2					5	6
6			2	1		7	
	3		8	2			7
1	5					3	
		2		6	3		5
3	8		4		1		2

September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 National Tofu Day (UK)	2 VJ Day WWII	3 Skyscraper Day	4 Newspaper Carrier Day	5 Cheese Pizza Day
6 Read a Book Day	7 Labor Day	8 Pardon Day	9 Sudoku Day	10 Sewing Machine Day	11 911 Remembrance	12 Chocolate Shake Day
13 Grandparents Day	14 Eat a Hoagie Day	15 Make a Hat Day	16 American Legion Day	17 Constitution Day	18 Cheeseburger Day	19 National Dance Day
20 National Punch Day	21 Miniature Golf Day	22 Autumn Equinox	23 Checkers Day	24 Cherries Jubilee	25 Quesadilla Day	26 Johnny Appleseed Day
27 Chocolate Milk Day	28 Good Neighbor Day	29 Confucius Day	30 Ask a Stupid Question	1	2	3

Monthly Observations

- Chicken Month
- Better Breakfast Month
- Classical Music Month
- Fall Hat Month
- Honey Month
- International Square-Dancing Month
- National Blueberry Popsicle Month
- National Courtesy Month
- Mushroom Month
- National Piano Month
- National Sewing Month
- Whole Grains Month

Kathrine J. Clark, MS, RD, LD

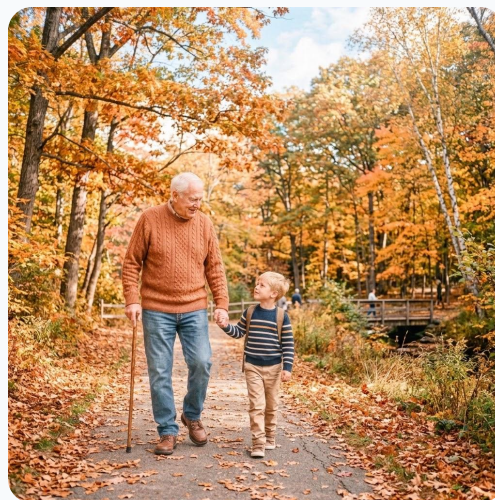
State Registered Dietitian

✉ Kathrine.J.Clark@wv.gov

☎ (681) 344-1679

📍 Mailing Address:

WV Bureau of Senior Services
1900 Kanawha Blvd. East, Charleston,
WV 25305



Sudoku Solutions

5	8	3	4	1	2	7	6
1	4	6	7	2	3	5	8
6	2	7	3	4	8	1	5
8	1	5	2	7	4	6	3
4	6	8	1	5	7	3	2
7	3	2	8	6	5	4	1
2	7	1	5	3	6	8	4
3	5	4	6	8	1	2	7

8	6	3	5	7	4	2	1
2	1	5	6	3	7	4	8
7	2	1	3	4	8	5	6
6	4	8	2	1	5	7	3
5	3	4	8	2	6	1	7
1	5	6	7	8	2	3	4
4	7	2	1	6	3	8	5
3	8	7	4	5	1	6	2