

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

White Onion

White onion is a variety of onion. It can be sweet or sour, soft or crisp, tangy or dripping with umami in taste. In Arizona, white onions are usually harvested mid summer through fall.

Examples:



Turkey Sandwich w/ Apples & Onion



Mushroom & Onion Pasta



Chicken Fajitas



Onion Sausage Pizza



Blueberry, Corn, and Onion Salsa