



Sweet onions are to cry for

By Joshua Baird
Arts & Culture Editor

One of the greatest things that man has ever discovered is the sweet onion. Though they still have a bit of spice, there's a whole world of sweetness to them.

Like all onions, sweet onions are a bulbous vegetable. The most common type of sweet onion in our region is the Walla Walla onion, but sweet onions originate off the coast of Italy on the island of Corsica.

The best thing about sweet onions is that they are a great source of vitamin C, relatively low in calories and are fat free. It should be noted, how-

ever, that the reason for the higher calorie count is due in part to the high level of sugar.

It has been said that onions in general are beneficial due to the high level of antioxidants in them. Onions may help to alleviate or prevent getting a sore throat by mixing onion juice with honey in equal parts. It is also believed that they may help prevent certain types of cancer.



Recipe: Sweet and Sour Chicken

Ingredients:

- One pound of chicken breast, cubed
- Two seeded and chopped bell peppers (one red, one green)
- One sweet onion, chopped
- One can water chestnuts, drained
- One can of low fat sweet and sour sauce
- Two cups of rice, precooked

Directions:

1. Begin by sauteing the cubed chicken breast in a non-stick pan with an ounce of water. You can use olive oil for this process but using water will prevent you from having extra calories in your dinner.
2. Once the chicken is nearly cooked, add the chopped onions, chopped bell peppers and the water chestnuts to the pan. Cook long enough so that the onions begin to turn slightly transparent but maintain their crispness.
3. Once done, pour in the sweet and sour sauce. Once the sauce begins to bubble remove the pan from the heat source and spoon it over the rice. Enjoy!

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