



Sunions®



8 Tasty Tearless

RECIPES



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Hacks for Cutting Onions without Crying:

- ~~Use goggles~~
- ~~Put onions in refrigerator prior to use~~
- ~~Light candle close to cutting board~~
- ~~Chomp on a slice of bread~~

**Buy Sunions[®]
Tearless Onions**



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Tear level: 0

Prep Time:
5 min
Cook time:
10 mins
Serves 4

Grilled Sunions® Onions

INGREDIENTS

Sunions® onions
Olive oil
Salt and pepper
Chopped herbs – optional

Pre-heat grill to medium-high.

Cut stem and root ends off of onions. Slice onion into ½” whole slices. Brush with olive oil. Season with salt and pepper. Place slices on grill. Cook for 8-10 mins turning onions a couple of times for even cooking. Remove slices from grill and garnish with chopped herbs if desired. Enjoy as a side dish or added to salsa, chutneys, tacos, burgers, salads or baked beans.



Tear level: 0

Prep Time:
5 min
Cook time:
15 mins
Serves 4

Caramelized Sunions® Onions

INGREDIENTS

- 2 Sunions® onions
- 1 Tbsp olive oil
- 1 Tbsp brown sugar – optional
- ½ tsp salt

In a large sauté pan, on medium high heat add olive oil. When oil is shimmering, about 1-2 mins add onions and stir to coat. Spread the onions evenly in the pan and let cook for 2-4 mins. You may need to reduce the heat to medium or medium low to prevent burning the onions. Continue to cook and stir occasionally for 4-6 mins. Add the brown sugar if using and the salt. Stir to combine. Continue to cook 3-5 mins until golden brown. Can be used to top grilled steak, chicken or pork. Use as salad topper.

Make simple dip by mixing with sour cream.



Tear level: 0

Prep Time:
15 min
Serves 2

Orange Sunions® Onion Salad

INGREDIENTS

- 2 large oranges – peel cut off and fruit cut into ¼" slices
- ¼ Sunions® onion – cut vertically into ¼" slices
- Dry cured black olives
- Mint leaves – optional
- 3 Tbsp extra virgin olive oil
- 1½ Tbsp white balsamic vinegar
- ½ tsp sugar
- Fresh ground black pepper and salt

On a serving platter arrange orange slices, top with onion slices and black olives.

In a small jar, add olive oil, white balsamic vinegar and sugar. Place lid on top and shake vigorously. Add pepper and salt to taste.

Drizzle dressing over salad. Garnish with fresh mint leaves if desired.



Tear level: 0

Prep Time:
30 min
Cook time:
12 mins
Serves 4

Honey Sunions® Onion Chicken

INGREDIENTS

- 1/8 cup low sodium soy sauce
- 2 Tbsps honey
- 1 Tbsp sesame oil
- 1 tsp ground ginger
- 1/2 tsp crushed red pepper
- 2 Tbsps vegetable oil
- 1 pound boneless skinless chicken thighs-cut into 1" pieces
- 1 Sunions® onion – cut in 1/2" vertical pieces
- 4 garlic cloves-minced
- 1 cup broccoli florets
- 1 red pepper – cut into 1/2" slices
- 1 cup snow pea pods – string removed

In small bowl, add soy sauce, honey, sesame oil, ground ginger and crush red pepper. Set aside.

In wok, on medium high heat add oil and heat until it is shimmering about 1 min. Add chicken and cook for 3-5 mins stirring often to cook evenly. Add onions and garlic and cook for 2-3 mins. Add broccoli, red pepper and snow pea pods. Stir sauce, add to wok and cook for 3-4 mins. Stir often so vegetables cook evenly. The vegetables are done when they are tender crisp.

Serve over brown or white steamed rice.



Tear level: 0

Prep Time:
15 min
Bake time:
45 mins
Serves 6-8

Sunions® Onion Quiche

INGREDIENTS

- 1 Tbsp olive oil
- 2 Sunions® onions – cut into ¼" vertical slices
- 4 large eggs
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1 Tbsp chopped fresh parsley or 1 tsp dried parsley
- 4-6 dashes hot sauce such as Tabasco® – optional
- ½ teaspoon fresh ground pepper
- 1 pre-made pie crust such as Pillsbury Pie Crust®

Pre-heat oven 375 degrees

In sauté pan on medium heat add olive oil and heat for 1-2 mins. Add onions and sauté for 10-12 mins stirring occasionally.

While onions are cooking prepare the filling. In a medium bowl add the eggs and whisk together until the yolks and whites are combined. Add milk, cheddar cheese, parsley, hot sauce and pepper. Stir to combine.

Remove onions from stove and set aside to cool.

In a 9½" quiche dish line bottom with prepared pie dough making sure dough lines the sides as well. Add onions to the egg mixture and stir to combine. Pour mixture into quiche dish. Place quiche on middle rack in oven and bake for 40-45 mins. The quiche is done when you can pierce the center with a knife and it comes out clean. The top will be a golden brown. Cut into 8 pieces and serve hot.



Tear level: 0

Prep Time:
10 min
Bake time:
1 hour +
1-2 mins broiling
Serves 8

Sunions® Onion Tart

INGREDIENTS

- 1 pre-made pie crust such as Pillsbury™ pie crust
- ½ wheel Boursin® garlic and fine herb cheese
- 4 Sunions® onions – cut in thick slices
- 2 Tablespoons melted butter
- ¼ cup balsamic glaze such as Colavita®

Pre-heat oven to 425 degrees.

In a 10" or 11" tart pan with removable bottom line the bottom with pie crust and press up the sides of the tart pan. Spread the Boursin® cheese evenly on the top of the pie crust. Arrange the onion slices on top of the cheese placing them very close to one another. Brush each onion slice with melted butter. Cover with foil and bake for 40 mins.

Uncover the tart and brush each onion slice with the balsamic glaze. Bake another 20 mins. Brush each onion slice with balsamic glaze and broil for 1-2 mins to caramelize the glaze. Lift tart out of pan and cut into eight slices. Serve warm or at room temperature.



Tear level: 0

Prep Time:
10 min
Cook time:
1 ½ hours
Serves 4

Cincinnati Chili

INGREDIENTS

- 1 Tbsp olive oil
- 2 Sunions® onions-chopped
- 1¼ pound ground beef
- 1 can (16 oz.) reduced sodium red kidney beans
- 1 can (15.5 oz.) reduced sodium black beans
- 1 can (14.5 oz.) no salt diced tomatoes
- 4 cups water
- 2 Tbsps cider vinegar
- 2 Tbsps unsweetened cocoa
- 1 Tbsp concentrated tomato paste
- 1 Tbsp chili powder
- 2 tsps garlic powder
- 1½ tsps cinnamon
- 1 tsp cumin
- ½ tsp allspice
- ½ tsp crushed red pepper
- ½ tsp salt

In stock pot or Dutch oven on medium heat add olive oil. Add onions and cook 2-3 mins until translucent. Add ground beef breaking it up into crumbles, cooking until no longer pink about 5-7 mins.

Add kidney beans, black beans, diced tomatoes, water, cocoa, tomato paste, chili powder, garlic powder, cinnamon, cumin, allspice, crushed red pepper and salt. Stir to combine. Increase heat to medium high and bring to a boil. Reduce heat to medium low and simmer for 1½ hours.

Serve over spaghetti. May garnish with diced onion, shredded cheese and sour cream if desired.

Recipe can be made ahead and served the following day. Freezes well.



Tear level: 0

Prep Time:
20 min
Bake time:
20 mins
Makes 12

Cranberry Sunions® Onion Tartlets

INGREDIENTS

- 1 Tbsp olive oil
- 1 Sunions® onion – finely chopped
- 1 10 oz. bag frozen cranberries
or 2½ cups fresh cranberries
- ¼ cup chopped pecans
- 3 Tbsp honey
- 1 tsp chopped fresh rosemary
- ¼ tsp salt
- Zest of one orange
- 1 pre-made pie crust such as
Pillsbury™ pie crust
- 4 oz. goat cheese
- Fresh rosemary for garnish – if desired

Pre-heat oven to 375 degrees.

In sauté pan on medium heat add olive oil and onions. Cook for 2-3 mins until translucent. Add cranberries, pecans, honey, rosemary, salt and zest. Stir to combine and cook 5-7 mins. Turn off heat.

Un-roll the pie crust dough; using a 3" biscuit cutter cut 12 circles. You will have to re-roll dough scrapes once to get the 12 circles. Place each circle of dough into the bottom of a 12 cup muffin tin. Gently press dough to fit bottom and about ½" up sides of muffin tin. Place one teaspoon of goat cheese on top of pie dough. Divide the cranberry filling evenly among the 12 muffin cups. Bake for 20 mins. Remove from oven and cool 5 mins. Carefully remove from muffin pan. Garnish with fresh rosemary. Serve warm or at room temperature