

## Sweet Goodness!

Bland Farms® is a third-generation family owned company and the world's largest sweet onion grower, packer and shipper.

Our sister company, Vidalia® Brands, develops the world's finest line of sweet onion & sweet potato products, delivering a fresh, high quality, farm-to-flavor experience.

We pride ourselves on selling products with outstanding flavor, texture and sweetness year-round.

This *Sweet Recipe Book* showcases delicious Southern favorites with a modern twist, that lift up your soul.

Discover more Southern eats, visit our website: [blandfarms.com](http://blandfarms.com)



## Storage & Handling

The key to preserving fresh Vidalia®'s sweet onions is to keep them cool, dry and separate space.

### In refrigerator

Make sure onions are dry then wrap individually in tissue paper, paper towel or newspaper before placing in cold.

### In dry, well-ventilated area

Place in the legs of sheer pantyhose, tie a knot between each onion and hang it. Cut the knot when you want an onion.

### In freezer

Chop onion and place on cookie sheet in freezer. When frozen, remove and place in freezer bag or container and seal. Freezing changes the onion's texture. Frozen onion should be used in cooking only. Whole frozen Vidalia® Onions can be baked.



1.800.VIDALIA

[BlandFarms.com](http://BlandFarms.com)

[VidaliaBrands.com](http://VidaliaBrands.com)



## Vidalia® Sweet Onion

**Sweet Recipe Book**



## CHICKEN SALAD with Vidalia® Onion Salsa



**Chef Tip:**  
Try it  
with fish!

### Ready in 20 minutes | Makes 4 Servings

- 1 Vidalia® onion, sliced
- Vidalia Brands® Balsamic Dressing
- 4 portions chicken (or fish)
- 1 lb. salad greens
- 1 jar Vidalia® Onion Salsa
- 1 avocado
- 1/2 cup extra virgin olive oil
- Small bag crispy tortilla strips
- 2 limes, cut into wedges

1. Marinate the sliced onion in dressing.
2. Season chicken or fish with blackening or grilling spices. Cook until done.
3. Divide salad greens evenly among four plates.
4. Slice chicken or fish, place on greens and top with salsa.
5. Slice avocado; place alongside chicken or fish.
6. Drizzle with olive oil, sprinkle with tortilla strips. Serve with lime wedges and marinated onion.



## Vidalia® Onion with VINE RIPE CAPRESE SALAD

### Ready in 10 minutes | Makes 5 Servings

- 1 large vine ripe tomato
- 1 log fresh Mozzarella cheese
- 1 large sweet Vidalia® onion, sliced and grilled
- 10 leaves fresh basil
- Season blend
- Cracked black pepper
- Vidalia Brands® Balsamic Dressing

1. Cut tomato and Mozzarella cheese into medium-thick slices.
2. Tray up in alternating pattern, stacking one slice of tomato, cheese, onion and basil leaf at a time.
3. Sprinkle with season blend, pepper and drizzle with dressing.

## Vidalia® Onion BACON CHEESE POPS

### Ready in 45 minutes | Makes 24 balls

- 6 oz. Vidalia® onion, diced
- 2 oz. roasted red pepper, diced
- 8 oz. American cheese
- 1 cup shredded Cheddar cheese
- 2 tbsp. sour cream
- ¼ cup cream cheese
- 1 lb. bacon
- Skewers or thin pretzel sticks

1. Sauté diced onion until tender. Place on paper towel; pat dry.
2. Place red pepper on paper towel; pat dry.
3. Combine onion, red pepper and next four ingredients in food processor; process until smooth. Scoop onto parchment-lined pan; cover. Refrigerate until cool.
4. Cook bacon until crispy; place on paper towels. Let cool; chop.
5. Shape cheese mixture into balls; roll each in chopped bacon. Insert a skewer or pretzel stick in each pop. Serve cold.

*Sweet onion, your  
healthy partner!*

- Great source of Vitamin C & Quercetin
- Fat & Cholesterol Free
- Low Sodium
- Excellent Antioxidant
- Great Dietary Fiber
- Aids in Cellular Repair



**Chef Tip:**  
Use pretzels  
instead of  
sticks!