



## VIDALIA® SWEET ONION RECIPES

Our sweet onions can be used in nearly any recipe, but here are a few of our favorites at Bland Farms.

# TOMATO, CUCUMBER, AND VIDALIA ONION SALAD

### Dressing Ingredients

- 2/3 cup sugar
- 2/3 cup apple cider vinegar
- 2 dashes hot sauce
- 1 tbsp. chopped fresh parsley
- 1 cup vegetable oil
- Salt and freshly ground pepper, to taste

### Directions:

For the dressing, in a mason jar combine sugar, vinegar, hot sauce, salt and pepper, and parsley; seal and shake vigorously to combine. Add oil; seal and shake until combined.

In a large mixing bowl combine cucumbers, tomatoes and onion. Pour in dressing; toss to coat evenly. Cover and refrigerate until serving.

### Salad Ingredients

- 3 cucumbers, peeled and cut into ¼-inch-thick slices
- 5 Roma tomatoes, each cut into 8 slices
- 1 large **Bland Farms® Vidalia® Onion**, peeled and cut into rings



# VIDALIA SWEET ONION BEEF BURGER

## Ingredients

- 2 lbs. ground beef
- ½ cup grated **Bland Farms® Vidalia® Onion**
- 3 garlic cloves, minced
- 1 tsp. **Vidalia Brands® Special Blend Seasoning Salt**
- 1 tbsp. Worcestershire sauce
- ½ tsp. freshly ground black pepper, to taste

- 4 slices sharp Cheddar cheese
- 4 hamburger buns
- Olive oil
- Lettuce
- Tomato slices
- 4 (1/4- to ½-inch-thick) slices **Bland Farms® Vidalia® Onion**
- Vidalia Brands® Blossom Sauce**

## Directions:

Combine ground beef, grated Vidalia® Onion, garlic, Vidalia Brands® Special Blend Seasoning Salt, Worcestershire sauce and black pepper to taste; mix gently to combine. Form mixture into 4 (8-ounce) patties. Refrigerate for 2 to 4 hours.

Clean and oil grill grate. Preheat grill to high heat. Place burger patties on grill and reduce heat to medium. Grill approximately 10 minutes, turning burgers once during cooking. Once burgers are done top with sharp Cheddar cheese. Remove from heat and let rest.

Brush buns with olive oil and place on grill to toast. Place burgers on toasted buns, top with lettuce, tomato, Vidalia® Onion slices and Vidalia Brands® Blossom Sauce, and serve.

## STORAGE & HANDLING TIPS FOR DRY ONIONS:

- Always handle onions with care. Do not drop onions as this often causes bruising and internal decay.
- Store onions in a cool, dry, well-ventilated area.
- Do not store onions with potatoes or other produce items that release moisture.
- Onions will absorb odors produced by apples and pears.
- Keep onions out of direct sunlight and other heat sources.
- Cut onions will keep for several days if sealed in plastic bags or containers and refrigerated.

## KID'S CORNER

Help your kids get the health benefits of onions

### Try:

- **Vidalia Brands® Onion Relish** on hot dogs
- Baked onion ring volcanoes
- Diced onions in sauces, dips, and pastas