



Roasted Onions

8 servings

INGREDIENTS

- 4 medium unpeeled onions (any kind)
- 2 Tbsp olive oil
- Salt and pepper to taste
- Balsamic vinegar, optional

DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut onions in half (or smaller, depending on personal preference); toss with oil and a generous sprinkle of salt and pepper. Place, cut-side down, on a lipped cookie sheet.
3. Roast until tender and cut surfaces are golden brown, 25 to 30 minutes. Adjust seasonings; drizzle with balsamic vinegar (optional).



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Roasted Onions

8 servings

INGREDIENTS

- 4 medium unpeeled onions (any kind)
- 2 Tbsp olive oil
- Salt and pepper to taste
- Balsamic vinegar, optional

DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut onions in half (or smaller, depending on personal preference); toss with oil and a generous sprinkle of salt and pepper. Place, cut-side down, on a lipped cookie sheet.
3. Roast until tender and cut surfaces are golden brown, 25 to 30 minutes. Adjust seasonings; drizzle with balsamic vinegar (optional).



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.