



Versatility of Onions Especially for Summer

The summer season has started and we are all incorporating changes in our lifestyle, clothing, and food to fight the scorching heat. Just like cotton is the most preferred fabric for summer so is onion the most promising vegetable during the season. This is because onions are primarily said to guard us against heat strokes. So make sure you actively incorporate lots of onion in your diet. An easy to do the same is by ordering [fresh chopped onion](#) online and using it in salads, gravies, dips, and other recipes. Onions are so important as they contain a variety of nutrients such as fibers, proteins, Vitamin C, folate (B9), vitamin B6, potassium, anthocyanins, quercetin, sulfur compounds, thiosulfates, and more. As it is rich in multiple nutrients, it has various health benefits. Onions help in blood sugar regulation, promoting bone health, reduction of cancer risk, and more.

Must Try Onion Recipe in Summer

Cucumber and Onion Salad

This has been a celebrated recipe for ages. So let us relive our childhood nostalgia. For the ingredients, we will require sliced Cucumbers, sliced Onions, sliced Bell peppers, peeled Carrots sticks, Water, and white vinegar.



For the recipe take the desired amount of cut vegetables in a large bowl and barely cover with cold water. Add about $\frac{1}{3}$ as much vinegar as water and mix to combine. This will help you achieve a tart taste, ensuring it is not overpowering you. Refrigerate the salad for 2-3 hours until cold and enjoy the treat.

Onion Raita Recipe

Raitas are a staple part of Indian summer meals. You can also enjoy a variety of recipes and personalize them as per your taste. For the ingredients, you require 2 finely chopped onions, 2 cups of curd, 1 tsp grated ginger, chili powder (as per taste), 1 tsp raita masala, $\frac{1}{4}$ tsp sugar, salt (as per taste), $\frac{1}{2}$ tsp cumin, green coriander (a bit to garnish), 1 tbsp oil.

Method 1: To make onion raita, take curd in a bowl whisk it well, and then add finely chopped onion to it. Now add grated ginger green chilies and green coriander to it. Mix them all well and then add all the spices and sugar to it. Your raita is ready. Enjoy!



Method 2: For this recipe, start by heating a pan. Add oil to the pan. When the oil is hot add cumin seeds and crackle it. Then add finely chopped green chilies and grated ginger. Followed by adding chopped onion. Wait for 2 minutes and then add curd. After this add sugar and chopped coriander and mix. Onion raita is ready. Set it aside and let it cool for some time before serving it with food.

Summer Squash and Onion Casserole

It is a cheesy smooth recipe that you must try this summer. For the ingredients you would require 1 ½ tablespoons divided butter, 3 summer squash, 3 zucchini (trimmed and cut into bite-size pieces), salt and ground black pepper to taste, 3 chopped onions, 1 pound shredded sharp white Cheddar cheese, ½ pound shredded Cheddar cheese, 3 tablespoons sweetened divided condensed milk.

For the recipe start by preheating the oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish with about 1/2 tablespoon of butter. Melt 1 tablespoon of butter in a large cast-iron skillet over medium heat, and cook the summer squash and zucchini until the squash pieces begin to brown. Remember to cook them for a good 10-15 minutes, stirring them often. Pour the slurry into the baking dish and sprinkle it with salt, black pepper, and chopped onions.



Mix the white Cheddar cheese and yellow Cheddar cheese in a bowl until thoroughly combined, and sprinkle about 1/2 cup of the cheese mixture over the onions. Now add about 1 tablespoon of the sweetened condensed milk. Repeat the process twice, then top with the remaining cheese mixture. Bake in the preheated oven until the casserole is golden brown and the onions are tender about 30 minutes. Your recipe is ready to serve.

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So now that you know the various health benefits and nutrient facts about onions and also have different onion recipes to enjoy this summer, do not wait to incorporate them actively into your diet. GreenChopper is one of the best platforms to [order organic cut vegetables online in Bangalore](#). It offers fresh vegetable delivery in Bangalore, chopped in a variety of shapes and sizes. It is also known for providing healthy ozone-washed vegetable delivery in Bangalore. So, do not wait, and visit GreenChopper now.