



SWEET FLAVORS OF THE LONE STAR STATE

A TX1015 COOKBOOK



TX1015.com

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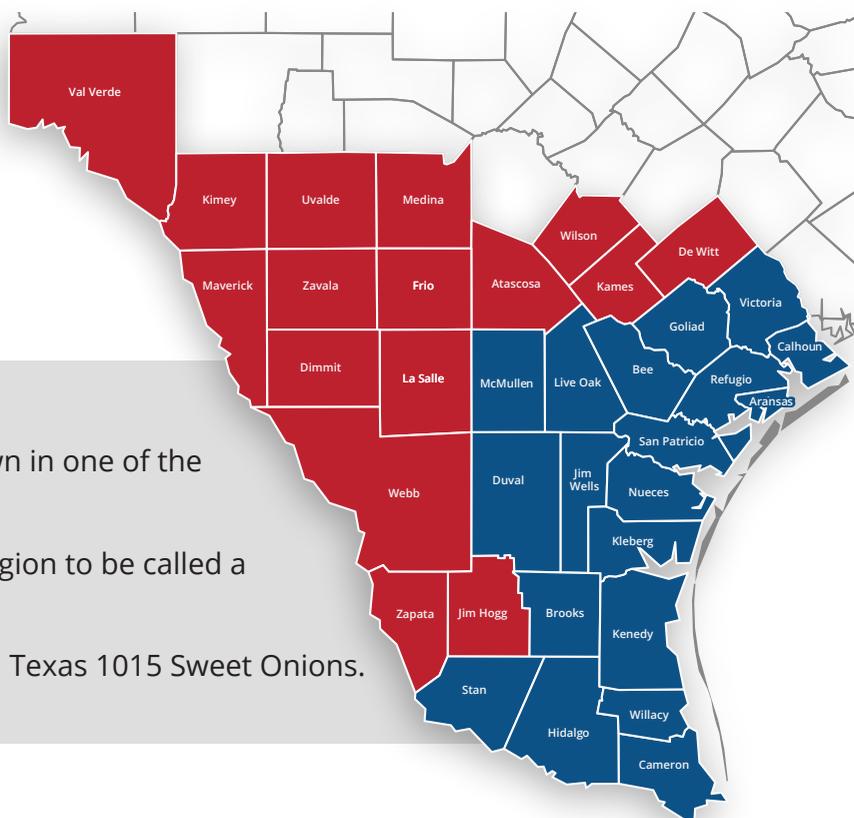
ALL ABOUT TX1015 SWEET ONIONS

 **Did you know?** The Tx1015 Sweet Onion is the state vegetable of Texas and a consumer favorite throughout the state. The TX1015 Sweet Onion was specifically bred to be produced in South Texas where the conditions are perfect between October and March. Texas Sweet onions are a specialty crop available nationwide.

 Consumers know that when they see the “Texas Sweet Onion”, they can have faith in knowing they have a delicious crop grown by farmers from South Texas.

 The Rio Grande Valley, located in the southernmost tip of Texas, is a great location for growing produce in the United States. As the seasons change, this region produces the first fresh sweet onions of the year. If good weather favors the state, the growers in the Rio Grande Valley can start shipping onions by March, while other areas are still preparing for harvest. Volume only picks up from there. As the season progresses, the growing region shifts to the Winter Garden Uvalde areas on the far western reaches of the state.

AVAILABILITY					
					
Jan	Feb	Mar	Apr	May	Jun
					
Jul	Aug	Sep	Oct	Nov	DEC

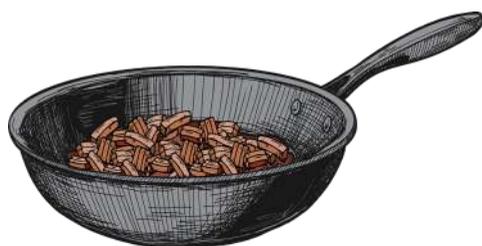


It's all about location.

- TX1015 sweet onions can only be grown in one of the chosen 35 counties in South Texas.
- Sweet onions must be grown in this region to be called a Texas Sweet Onion.
- Only 22 shippers are authorized to sell Texas 1015 Sweet Onions.



HOW TO COOK ONIONS



Caramelized

Thinly slice onions, cook in a skillet with olive oil or butter over medium-low heat, stirring occasionally for 20-30 minutes until golden-brown and fragrant. Adjust heat to avoid burning, add salt if desired. Once the onions are golden-brown and emit a fragrant aroma, they are ready. Incorporate into your favorite dishes for added flavor.



Sautéed

Thinly slice onions and heat a skillet with olive oil or butter over medium heat. Add the sliced onions and cook, stirring frequently, until the onions are tender, translucent, and slightly golden, usually within 5-10 minutes. Consider adding a pinch of salt or other seasonings to enhance flavor. Sautéed onions are a flavorful and versatile addition to add to various dishes, from omelets to sandwiches or as a topping for meats and vegetables.



Sweated

Thinly slice onions and cook in a pan over low heat with a small amount of oil or butter. The goal is to soften the onions without browning. Usually takes about 5 minutes. Stir occasionally to ensure even cooking and to prevent sticking. Sweated onions are a great starting point for many recipes, providing a milder flavor and softer texture compared to caramelized or sautéed onions. Can be incorporated into soups, stews, sauces, or any dish where a mild onion flavor is desired.



Boiled

Peel and quarter onions, place in a pot of boiling water and cook for 7-10 minutes, depending on your desired level of tenderness. After boiling, drain and rinse onions under cold water to stop the cooking process. Use boiled onions in recipes that benefit from a mild onion flavor and a softer texture. Incorporate into salads, casseroles, or other dishes.

HOW TO COOK ONIONS



Grilled

Slice onions into thick rounds or wedges, removing the outer peel. Brush with olive oil. Season as preferred directly on the grill and cook for 5-10 minutes, flipping halfway through, until they develop grill marks and turn tender. Grilled onions add a smoky and caramelized flavor, making them a delicious side dish for barbecues, burgers, or as a topping for grilled meats. Experiment with different seasoning blends or marinades to enhance the grilled onion's taste according to your preference.



Roasted

Preheat oven to around 400°F (200°C). Peel and cut onions into wedges. Toss the onions in olive oil, salt, and pepper, and spread them evenly on a baking sheet, cut sides down. Roast for approximately 25-30 minutes, or until the onions are golden brown and tender. Roasting enhances the natural sweetness of onions, making them a versatile and flavorful addition to dishes like roasted vegetables, salads, or as a side dish for meats.



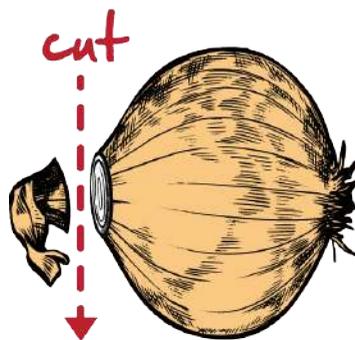
Pickled

Thinly slice onions (about 1/8" thick). In a saucepan, combine equal parts water and vinegar (white or apple cider vinegar works well), adding sugar and salt to taste. Bring the mixture to a gentle simmer over medium heat. Place onion slices in a glass jar or container and pour the hot liquid over them. Allow to cool to room temperature before sealing the jar and refrigerating. Pickled onions can add a tangy and crisp element to salads, sandwiches, or tacos. Letting them marinate for a few hours or overnight enhances the flavor.

HOW TO DICE AN ONION LIKE A PRO

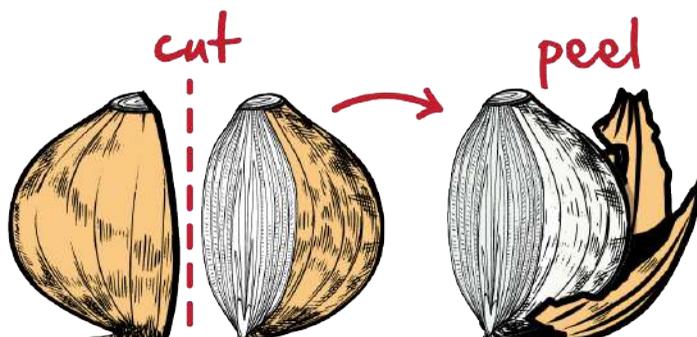
Step 1:

Cut off tip of the onion to make a nice flat surface.



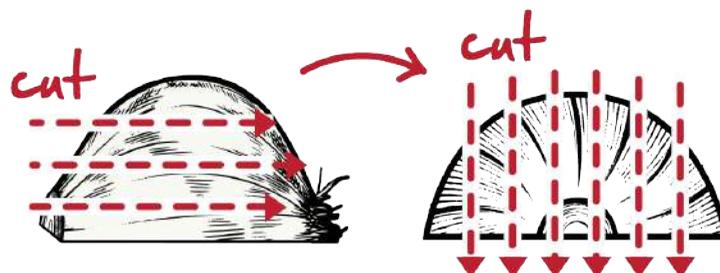
Step 2:

Cut down the middle and peel the outer layer of the onion.



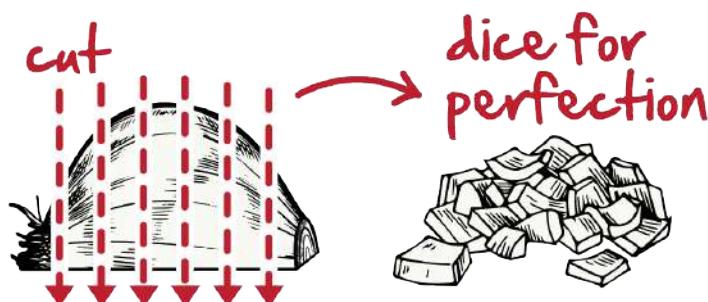
Step 3:

Make your cuts horizontally and then vertically.



Step 4:

Cut through the horizontal cuts to create diced onions.



HOW TO STORE ONIONS

If you've purchased your Sweet Onions and plan on using them within the week, you can leave them out on the counter, otherwise, follow these simple tips for long-term storage.

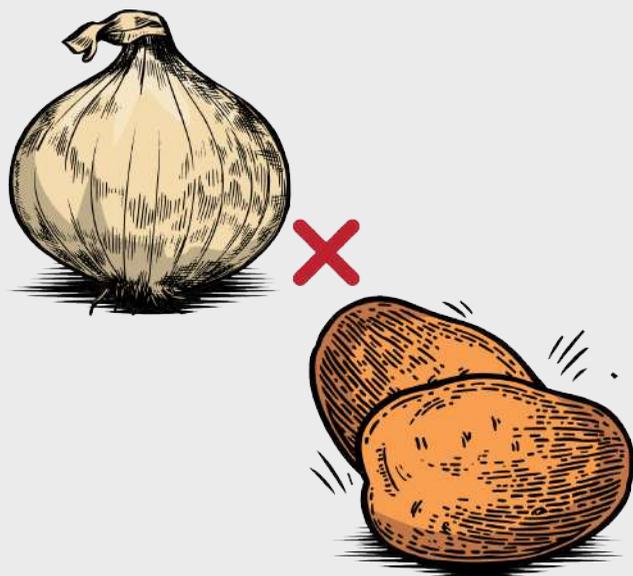
STORAGE TIP #1 WRAP AND SEPARATE

If storing in the refrigerator, wrap each bulb individually in a paper towel and place them in the crisper with the vents closed.



STORAGE TIP #2 KEEP AWAY FROM THE SPUDS

Do not store onions with potatoes; the onions will go bad quicker.



STORAGE TIP #3 BREAK OUT THE PANTYHOSE

Texas Sweet Onions can be preserved if stored in a cool dry place with good air circulation. Get a pair of clean pantyhose, put one onion in each leg and tie a knot above the onion. Keep adding onions until each leg is full. As you need onions, simply cut the sections you require for your recipe!



CARAMELIZED ONION HUMMUS

Chickpeas, caramelized TX1015 Sweet Onions, tahini, garlic, and lemon juice combine to create this unbelievably creamy hummus - perfect for dipping or spreading on your favorite sandwich!



Vegan



Snack



Side

What y'all need:

- 3 small TX1015 sweet onions, chopped
- 2 (15 oz) cans chickpeas, liquid reserved
- 2 garlic cloves, peeled
- 1/4 cup olive oil
- 1/4 cup tahini
- 1 teaspoon cumin
- Juice from 1 lemon
- Salt, to taste

How it's done:

1. To caramelize sweet onions, start by heating about a tablespoon of oil in a large skillet over medium heat. Add the onions and let them start sweating. Stir in a pinch of salt and reduce heat to low. Cook the onions for 30-40 minutes, or until they are a deep golden brown, stirring every 10 minutes or so. Once caramelized, set aside.
2. Toss the remaining hummus ingredients in a food processor and blend until completely smooth. You may need to scrape down the sides to get everything incorporated. For a creamy and fluffy hummus, add the aquafaba (liquid reserved from the cans of chickpeas), one tablespoon at a time until desired consistency is reached.
3. Transfer the hummus to a serving bowl and top with the desired amount of caramelized onion. Serve with warm pita and fresh vegetables.

Created for TX1015 Onions by: **Jenna Urben**

 @theurbanlife

 @theurbanlife

 theurbanlife.com

Fun Fact!

The TX1015 Sweet Onion is never stored and always fresh.

PEACH & ONION SALSA

This fresh and fruity salsa is bursting with flavor and perfect for summertime snacking!



What y'all need:

- 2 fresh peaches, pitted & chopped
- 1 red bell pepper, chopped
- 1 large tomato, chopped
- 1/2 TX1015 Sweet Onion, chopped
- 1/2 jalapeño, chopped
- Juice from 1 lime
- Salt and pepper, to taste
- Cilantro, to garnish

How it's done:

Stir together chopped ingredients and enjoy or let chill in the fridge. Serve with your favorite chips, or to top off your favorite tacos!

Created for TX1015 Onions by: **Vianney Rodriguez**

 @sweetlifebake

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 sweetlifebake.com

Fun Fact!

In 1898 sweet onion seeds arrived from Bermuda to Texas and played a key role in bringing the TX1015 Sweet Onion to life.



MANGO GUACAMOLE

Enjoy the vibrancy of mango, perfectly complemented by the signature sweetness of TX1015s, in this TexMex favorite!



What y'all need:

- 3 avocados
- 1 mango, diced
- 1/4 cup TX1015 sweet onion, finely diced
- 1 jalapeno, seeded and finely diced
- 1 teaspoon salt
- 1 lime, juiced
- 1/4 cup fresh cilantro leaves

How it's done:

1. Slice avocados in half and remove the pit.
2. Run a spoon around avocado half and scoop out avocado flesh into a bowl.
3. With a fork, roughly mash the avocado.
4. Stir in mango, onion, jalapeno, salt, and lime juice. Chill until ready to serve.
5. Stir in the cilantro, serve with tortilla chips.

Created for TX1015 Onions by: **Jenna Urben**

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 theurbanlife.com

Fun Fact!

TX1015 Sweet Onions can only be grown in 35 counties in Texas.





PENNE PASTA SALAD

This picnic-worthy dish is ideal for your next potluck and is sure to be everyone's new favorite!



Vegan



Side



Lunch

What y'all need:

- 8 ounces penne pasta
- 1/2 TX 1015 onion diced
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1 pint grape tomatoes, halved
- 1/2 cup Italian vinaigrette dressing
- 3 tablespoon mayonnaise
- 3 tablespoon fresh parsley
- 1/2 teaspoon paprika
- Salt & pepper to taste

How it's done:

1. Cook pasta al dente according to the packaging, drain and allow to cool.
2. Combine all ingredients in a large bowl, use a large spoon to mix well.
3. Refrigerate for at least 2-3 hours before serving.

Created for TX1015 Onions by: **Shaunty of @theglamkitchen**

 @theglamkitchen

 theglamkitchen.com

Fun Fact!

The TX1015 Sweet Onion was named after its recommended planting date of October 15th by Dr. Leonard Pike & Paul Leeper of Texas A&M University.

AIR FRYER ONION RINGS

These onion rings are deliciously crispy, a breeze to whip up, and the perfect snack for your next gameday or BBQ!



Vegan



Snack



Appetizer

What y'all need:

- 2 large TX1015 sweet onions
- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup buttermilk
- Dash of hot sauce
- 2 cups panko
- 1/4 tsp smoked paprika
- 1 tsp garlic powder
- 2 tsp salt

How it's done:

1. Cut the ends of the onions and slice into thick rings.
2. Place the flour in one bowl.
3. Place the eggs, buttermilk, and hot sauce in another bowl and mix well.
4. Place the panko and the seasonings in another bowl and mix well.
5. Dip the onion rings into the egg, followed by the flour, followed by the egg, followed by the panko. Make sure to let any excess egg wash drip after dipping the onions.
6. Air fry on 380°F for 10 minutes. Flip halfway through. Make sure the place the onion rings in a single layer. Do not overlap them. Cook the onion rings in batches.

Fun Fact!

Texas 1015 Sweet onions grow in the Rio Grande Valley and are farmed by more than 100 family farms. This region has the perfect climate and soil to produce the Texas 1015 onions.

CREAMY SWEET ONION SOUP WITH ROASTED VEGETABLE BRUSCHETTA

Highlighting the versatility of the TX1015 Sweet Onion, this quick, easy, and fresh recipe is sure to surprise your guests whether you serve it as a flavorful appetizer or a main dish!



What y'all need:

For the Vegan Cream:

- 1 cup raw cashews
- 1 1/4 cup unsweetened almond milk
- 2 cups water

For the Creamy Sweet Onion Soup:

- 2 TX1015 sweet onions
- 1 cup vegetable broth
- 2 tablespoons olive oil
- 1/2 cup vegan cream
- A few leaves of fresh thyme for garnish
- Salt to taste
- Pepper to taste

For the Vegetable Bruschetta:

- 1/4 bell pepper chopped
- 1/4 zucchini chopped
- 1/4 TX1015 sweet onion chopped
- 2 tablespoons of sun-dried tomatoes
- 2 tablespoons olive oil
- House-made Hummus spread
- 1 slice of french bread
- Cilantro leaves for garnish

For the House Made Hummus:

- 1/4 cup chickpeas
- 1 tablespoon tahini
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- Salt to taste

How it's done:

Vegan Cream:

- Boil 2 cups of water
- Let cashews sit in boiling water for 5-10 minutes, drain, rinse.
- In a fast speed blender add cashews & 1 1/4 cups of unsweetened almond milk, and blend until it becomes smooth.
- Set aside and continue recipe.

Creamy Sweet Onion Soup:

- Peel & chop your onions.
- Add olive oil to pan & sauté chopped onions for about 10 minutes or until they become soft & caramelized.
- In a blender, add 1 cup of vegetable broth, sauté onions, and 1/2 cup of vegan cream, along with salt & pepper.
- Serve & garnish with caramelized sweet onions & fresh thyme.

Vegetable Bruschetta:

- Sauté your vegetables with 2 tablespoons of olive oil.
- Toast your bread.
- Spread your toast with house made hummus.
- Top with sauté vegetables & sun-dried tomatoes.
- Serve and garnish with cilantro.

House Made Hummus:

- Blend all ingredients in a food processor or high-speed blender.

Created for TX1015 Onions by: **Ingrid Monserrat of Maria Cruz Cuisine & Bar- McAllen, TX**

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BRISKET BANH MI

The best thing about BBQ season are the leftovers! Put your favorite brisket to good use in the delicious Brisket Banh Mi.



Lunch



Dinner

What y'all need:

- 1 medium Texas 1015 Sweet Onion, sliced
- 1 cup shredded carrots
- 1 bunch radishes, washed, stems removed and sliced into matchsticks
- 1 cup rice vinegar
- 1/2 cup water
- 1 teaspoon ground coriander
- 1 teaspoon pepper
- 1 tablespoon salt
- 3 tablespoon sugar
- 1 tablespoon sriracha
- 1/3 cup mayonnaise
- Sliced brisket, warmed through
- 2 baguettes or sub roll, sliced
- Pickled jalapeños
- Cilantro

How it's done:

1. In a large canning jar or plastic container with lid place onions, carrots and radishes, rice vinegar, water, ground coriander, pepper, salt, and pepper. Cover and shake to dissolve sugar. Allow to sit for at least an hour.
2. When ready to assemble mix sriracha and mayo. Spread sriracha-mayo on one side of bread, add sliced brisket, top with pickled vegetables, cilantro, and pickled jalapenos.

Created for TX1015 Onions by: Vianney Rodriguez

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Fun Fact!

TX1015s are a "tear-free" onion – they are super sweet and contain very little pyruvate (that's the stuff that'll make you cry when you cut into an onion).

PIZZA CUBANO

This Pizza Cubano is a tasty twist on the Cubano sandwich!



Lunch



Dinner



Appetizer

What y'all need:

- 2 tablespoons olive oil
- 1 medium TX1015 Sweet Onion, sliced
- 1 pkg refrigerated pizza dough
- Non-stick spray
- 1/4 cup salsa
- 2 tablespoon mustard
- 2 cups store-bought rotisserie chicken, shredded
- 4 slices deli ham
- 2 cups Monterrey Jack shredded cheese
- 1/4 cup cilantro

How it's done:

1. In a sauté pan over medium heat add olive oil, onions, and salt. Cook the onions until they are caramelized, about 20 minutes, stirring often. Remove pan from heat and set aside.
2. Once onions have caramelized, preheat oven to 450 degrees. Liberally spray baking sheet with nonstick spray. Place pizza dough on baking sheet and with hands spread dough in baking sheet.
3. Mix salsa and mustard in a bowl, spread over crust. Top with chicken, with hands tear ham and drape over chicken. Top with caramelized onions and cheese. Bake until the crust is lightly browned, about 12-15 minutes. Top with cilantro, slice and serve.

Created for TX1015 Onions by: Vianney Rodriguez



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@SweetLifeBake



sweetlifebake.com

Fun Fact!

The TX1015 Sweet Onion season spans from March through June.

SHEET PAN CHICKEN FAJITAS

If you like fajitas, you'll love these simple, minimal-mess one pan chicken fajitas!



Lunch



Dinner



Appetizer

What y'all need:

- 1 tsp kosher salt
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp ground black pepper
- 1/8 tsp cayenne pepper
- 1 pound boneless, skinless chicken breasts
- 2 bell peppers
- 1 TX1015 Sweet Onion
- 2 tbsp olive oil
- 8 warm tortillas
- Optional: Lime wedges, chopped cilantro, sliced jalapenos
- Toppings can include: Salsa, shredded cheese, sour cream, guacamole

How it's done:

1. Preheat oven to 375°F.
2. Mix the spices in a small bowl and set aside.
3. Slice the chicken breasts into quarter-inch strips.
4. Slice peppers, and sweet onion into thin strips.
5. Spread the chicken and vegetables onto a large sheet pan and drizzle with olive oil. Then sprinkle the seasonings over the mixture and toss to coat.
6. Place in the oven and cook for 20 minutes, or until the chicken reaches an internal temperature of 165°. If desired, broil the fajitas on high for 3 minutes to achieve some char.
7. If using, squeeze lime juice over the fajitas and sprinkle with chopped cilantro and sliced jalapenos.
8. Serve with warm tortillas and desired toppings.

Created for TX1015 Onions by: Erin Gierhart of State of Dinner



@stateofdinner



@stateofdinner



stateofdinner.com

Fun Fact!

When stored properly, Texas 1015 Sweet Onions will last up to 30+ days from harvest.

SAUSAGE SKILLET DINNER

This one pan dinner boasts full-flavor and simplicity, perfect for your weeknight menus!



Lunch



Dinner

What y'all need:

- 2 tbsp olive oil
- 4 sausage links, sliced
- 2 cups sweet potato, cubed
- 1 medium sweet onion, sliced
- 3 cups curly kale, de-ribbed and chopped
- 3 cloves garlic, minced
- 2 tsp fresh sage, chopped (or 1 teaspoon dried sage)
- 2 tsp fresh thyme (or 1 tsp dried thyme)
- Salt & pepper to taste

How it's done:

1. Heat olive oil in skillet over medium heat. Add onion and sweet potato. Toss in oil, then cover, stirring occasionally, for about 10 minutes.
2. Add the sausage to skillet and cook until crispy, about 4 – 8 minutes (depending on whether your sausage is pre-cooked or not).
3. Turn heat to low. Add the garlic and herbs and sauté one minute more, stirring frequently.
4. Toss in kale and cook until wilted, about 1 to 2 minutes. Season with salt and pepper, to taste.
5. Remove skillet from heat. Serve warm.

Created for TX1015 Onions by: Megan from A Zesty Bite

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Fun Fact!

All US-grown sweet onions were bred from the original TX1015 sweets.



This work was funded, in whole or in part, by the US Department of Agriculture-
Agriculture Marketing Service under the Specialty Crop Block Grant administered by
the Texas Department of Agriculture.

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