



Nutritious, Delicious, Wisconsin!

ONION ■ DOS

Yellow Onion



Spring Onion
(Purple)



Red Onion



HMooB Varieties

- Spring Onion (Green, Purple), Dos/Dos Ntsuab
- Yellow Onion, Hauv Paus Dos Loj/Dos Daj
- Red Onion, Hauv Paus Dos Liab/Dos Liab
- Scallion (Green, Purple), Dos
- Thai Shallots, Dos

TASTE & TRADITION



Whole, unpeeled **onion bulbs** can be stored for several weeks or even months if kept in a cool, dry place with good airflow. Onions have a strong smell and taste that can range from sweet to sharp, depending on the type and how they're cooked. They are an important part of many traditional HMooB dishes, used both as a main ingredient and as a flavorful garnish.

RECIPE

Onion Fried Rice (Mov Kib)

Ingredients

- 2-4 eggs
- 1 large onion (any type: white, red, or green onions/scallions)
- 2-3 cups of rice (cold or leftover works best)
- Oil or butter (any kind: vegetable, canola, olive, etc.)
- Optional: soy sauce, salt, and black pepper



Directions

1. Heat the pan and add oil or butter.
2. Add chopped onion and stir-fry until it looks soft and see-through.
3. Add the rice and mix with the onion.
4. Crack the eggs into the pan or pour in the beaten eggs.
5. Stir until the eggs are cooked and fluffy, mixing everything together.
6. Keep cooking until the rice is hot.
7. Add salt, pepper, or soy sauce to taste.
8. Top with chopped green onions. Enjoy!



Extension
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.