

Chili Onion Bloom

Yield: 4 Servings

INGREDIENTS

1 jumbo Idaho-E Oregon yellow onion, bloomed

1 15oz. can of chili

1/4 c. cheddar cheese, shredded

1/4 c. tomatoes, diced

1/4 c. sour cream, optional

METHOD

Peel onion. Cut 1/2 inch off neck end. Slightly trim root end but DO NOT cut into root base. Set onion on root end and cut onion into quarters stopping within 1/2 inch of root base. DO NOT CUT THROUGH ROOT BASE. Turn onion upside down. Insert paring knife 1/2 inch below root base and cut each quarter into four to six more sections by cutting downward. Leave core intact until onion is cooked. Place bloom in a deep microwavable dish. Pour chili over bloom. Cover and microwave on high for 8-12 minutes*. Cut out center of onion to free petals. Sprinkle cheese over cooked bloom. Replace cover and let stand for one minute until cheese melts. Sprinkle with diced tomatoes, top with sour cream and serve. *Cooking time may vary depending on microwave and onion size.