



NET WT 2 LBS

SWEET ONIONS

GREAT ON SALADS & HAMBURGERS!

Crusty Onion Bruschetta

1 French bread baguette (about 8 oz)
 4 oil light cream cheese
 1/2 cup olive or canola cooking oil
 2 1/2 each dried oregano & basil
 1 1/2 each garlic, minced
 1 med. onion (for oil) minced
 1/2 c. Parmesan cheese, grated
 Parsley leaves (optional)

Slice bread in half lengthwise. Put oil and cream cheese in corner of each half, leaving 1/2 inch edge. Bake 10 minutes and baste with hot and spread mixture evenly. Sprinkle with dried oregano and basil and top with Parmesan and bake on medium heat for 10 min. or until onion is tender and top is slightly browned. Top with 1/2 med. onion, garlic and 1/2 parsley if desired. Cut diagonally into 1/2 inch slices. **Make 8 servings.**

Onions are a source of:

Vitamin C
 Vitamin B6
 Potassium
 Dietary Fiber
 Folic acid
 Calcium
 Iron
 Protein

Only 30 calories a serving!

Sodium, fat, and cholesterol free!

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See-through bag

Sweet Fruit
 The Original
Cukinos
 MINI
 cucumber

Keep Refrigerated and Sealed / Garde Réfrigéré et Scellé

WASH BEFORE EATING / Se laver Avant de Manger

5 A Day
 FOR YOUR HEALTH

MALENA
 Quality Products

Net Quantity: 6 Cucumbers / Quantité nette: 6 Concombres