



NET WT 2 LBS

SWEET ONIONS

GREAT ON SALADS & HAMBURGERS!

Crusty Onion Bruschetta

1 French bread baguette (about 8 oz)
 4 oz light cream cheese
 1/2 cup of melted butter
 2 1/2 each dried oregano & basil
 1 1/2 cups onion, minced
 1/2 cup onion (for oil) minced
 1/2 cup Parmesan cheese, grated
 Parsley leaves (optional)

Slice bread in half lengthwise
 Put oil and cream cheese
 of each half, leaving 1/2 inch
 each. Bake cheese and herbs
 with hot and spread mixture
 on top. Sprinkle with
 onion. These onions of sweet
 onions and simple type of onions
 are: cream cheese, oregano
 with Parmesan and bake on
 bread in hot for 10 min. or until
 onion is tender and hot and
 slightly browned. You may be
 hot for 10 min. or until
 onion is tender. Or onions
 and onion slices.

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!

033083 60291

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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