



An Easy Way to Cut an Onion

(pictures from www.thankyourbody.com)



1. Wash the onion before you begin. Cut the onion in half.



2. Cut the stem end off the onion (not the root end which looks hairy.)



3. Peel off the outer layers. The end that you cut gives you a good place to start.



4. Cut lines into the onion lengthwise. Remember not to cut all the way to the root.



5. For smaller pieces, make the cuts closer together.



6. Cut lines across the onion. Now you have a diced onion.