



# southern favorites

*easy & comforting recipes from our family to yours*



10 recipes featuring  
sweet Vidalia® onions



# Mr. Buck's farm fresh

**My father, affectionately known as Mr. Buck, has been in the Vidalia® sweet onion business for more than 35 years. From farming to seed development, Mr. Buck helped create some of the most popular Vidalia onion varieties planted in the industry today.**

**Our Mr. Buck's® brand conveys everything dad stands for: his love of the land, his friendship to everyone, his smile, and his integrity. We believe you can taste our family's legacy in every bag of Mr. Buck's.**

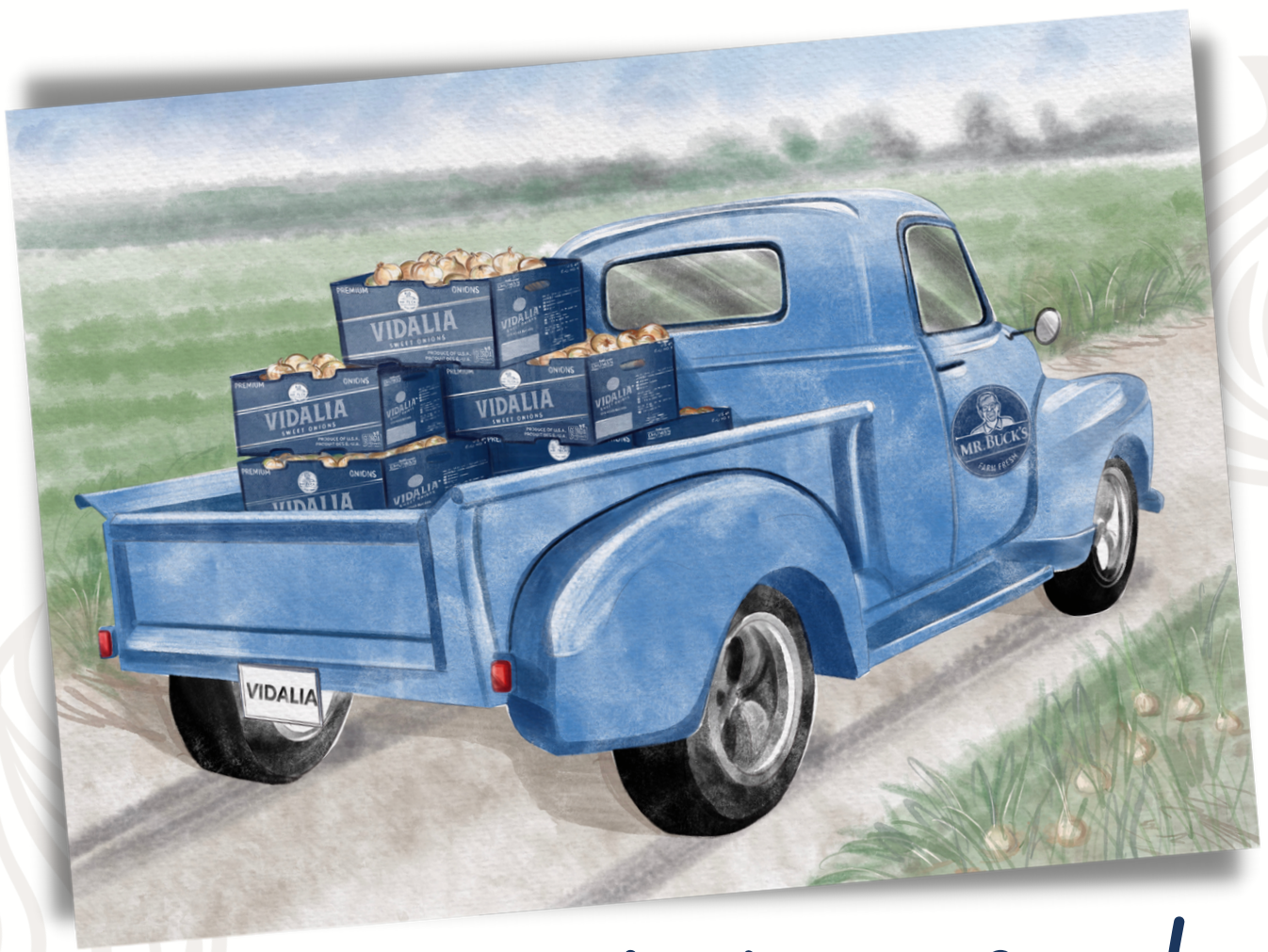


*John Shuman*



**John Shuman is the President & CEO of Shuman Farms. In 2020, John created the Mr. Buck's brand to honor his dad, Mr. Buck Shuman.**





# vidalia facts



**Vidalia onions can only be grown in 20 counties in southeast Georgia, centered around the city of Vidalia, GA.**



**The sandy soils of southeast Georgia, combined with the average rainfall, allow sulfur compounds (the elements that make an onion hot or bring tears to your eyes when they're cut) to wash away.**



**During the Great Depression, farmers planted onions in search of a new cash crop. Once they were harvested, the farmers were surprised to find that they were much different than expected - they were sweet!**



# vidalia onions in the kitchen

## **Health Benefits**

Vidalia® onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

## **How to Store**

Because Vidalia onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them separated from each other in a cool, dry place.

## **Caramelize without the Sugar!**

There's no need to add sugar to your Vidalia onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.







# shrimp & grits with vidalia onions

## INGREDIENTS

- 1 cup old fashioned grits
- 2 cups chicken broth
- 2 cups water
- 1 teaspoon salt
- 7 ounces Gouda cheese, cut into cubes
- 2 tablespoons fresh lemon juice
- 1 Vidalia® onion, diced
- 2 cloves garlic, minced
- 2 cups spinach
- 1 pound shrimp, peeled
- 1 - 2 tablespoons Cajun seasoning
- 1 tablespoon butter
- 1 tablespoon olive oil
- Fresh cracked pepper

**PREP TIME: 10 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 4**

## DIRECTIONS

1. In a saucepan, bring chicken broth and water to a boil. Add grits and salt, cook per box instructions.
2. Meanwhile, add butter to a large skillet. Sauté onions until translucent.
3. Add garlic and spinach, and cook until spinach starts to wilt. Remove mixture from the pan and set aside.
4. Once grits are cooked, add gouda cheese and stir. Cover the saucepan to let cheese soften if needed.
5. Season shrimp with cajun seasoning. Add olive oil and shrimp to the pan. Sauté for 2-3 minutes per side, or until cooked through.
6. Stir grits until the cheese is completely mixed in. Add lemon juice, stir.
7. To serve, layer grits, onion and spinach mixture, then top with shrimp. Add fresh cracked pepper if desired.





# bbq baked beans with vidalia onions

## INGREDIENTS

- 1 large can (28 oz.) country style baked beans, drain some juice
- ½ medium Vidalia® onion, diced
- 3 Tbsp. BBQ sauce
- 2 tsp. Worcestershire sauce
- 2 Tbsp. steak sauce
- ⅓ c. dark brown sugar
- 4 slices bacon, cut in ½-inch pieces

## DIRECTIONS

1. Combine baked beans, onions, BBQ sauce, Worcestershire sauce, steak sauce and brown sugar in a casserole dish.
2. Cover top of mixture with bacon pieces.
3. Bake at 400° F for 30 to 45 minutes, or until beans are dark and thick and bacon is cooked.

**PREP TIME: 15 MINUTES**

**COOK TIME: 45 MINUTES**

**SERVINGS: 6**







# green bean casserole with fried vidalia onions

## INGREDIENTS

### For fried onion topping:

- 1 Vidalia onion, sliced
- buttermilk
- all-purpose flour, seasoned to your liking

### For casserole:

- 1 lb. fresh green beans, blanched
- 2 cups heavy cream
- 2 Tbsp. all-purpose flour
- 2 Tbsp. butter
- 1 cup shredded Parmesan cheese
- 1 Vidalia onion, diced
- 2 cloves garlic, minced
- 1 Tbsp. chopped thyme
- 2 cups shredded Fontina cheese
- 2 cups shredded Sharp Cheddar cheese
- salt and pepper, to taste

**PREP TIME: 30 MINUTES**

**COOK TIME: 45 MINUTES**

**SERVINGS: 8**

## DIRECTIONS

### For fried onion topping:

1. Cut onion into slices.
2. Soak slices in buttermilk and coat in seasoned flour.
3. Fry to desired crispiness.

### For casserole:

1. Melt butter in sauté pan. Add diced onion, garlic, and thyme.
2. Once the onions have started to sweat out a little, add 2 Tbsp. of flour to make the roux, followed by 2 cups of heavy cream. Cook until smooth. Season with salt and pepper.
3. Once sauce thickens, add the cheddar and fontina cheeses. Cook for another 10 minutes to allow the flour flavor to cook out of the sauce.
4. Add sauce to blanched green beans, mix well, and transfer mixture to a baking dish that has been sprayed with non-stick cooking spray. Top with parmesan cheese and bake in a preheated oven at 350 degrees for 15 minutes, or until cheese is brown and bubbly.
5. Top casserole with fried onions and enjoy!





# potato salad with vidalia onions

## INGREDIENTS

- 2 lbs. Small red potatoes
- ½ c. Vidalia onion, chopped
- 6-8 slices of bacon
- 1 c. Ranch salad dressing
- ½ c. sour cream
- ½ c. mayonnaise
- 1 tsp. dry mustard
- Salt & pepper, to taste
- Parsley, for garnish

## DIRECTIONS

1. Cut red potatoes into quarters and cook in boiling salted water for 25 to 30 minutes, or until tender. Drain well.
2. Cook bacon until crispy and crumble.
3. In a large bowl, combine ranch salad dressing, sour cream and mayonnaise.
4. Add potatoes, bacon, onion, dry mustard and salt & pepper to taste.
5. Add parsley to garnish.

**PREP TIME: 25 MINUTES**  
**COOK TIME: 30 MINUTES**  
**SERVINGS: 8**







# grilled vidalia, avocado & tomato salad

## INGREDIENTS

- 2 medium Vidalia onions
- 2 avocados, sliced in half
- 1 lime
- 2 medium heirloom tomatoes
- 1 Poblano pepper
- 1 Tbsp. olive oil
- Sea salt & fresh ground pepper, to taste

**PREP TIME: 10 MINUTES**  
**COOK TIME: 25 MINUTES**  
**SERVINGS: 4**

## DIRECTIONS

1. Slice onions in thick rings, leaving the rings intact for grilling.
2. Heat the grill to medium heat - about 350° F.
3. Oil the grill grates so that the onions and pepper will not stick. Grill the onions on both sides until char marks have formed (about 4 minutes per side).
4. Grill the Poblano pepper at the same time, about 8 minutes or until the outside skin has begun to blister.
5. While the onions and poblano pepper cool, chop up the tomato in medium sized pieces.
6. Cut the lime in half. Cut open the avocados and chop them into medium-sized pieces.
7. Add the avocado pieces to a large bowl and squeeze the lime over them (this prevents them from browning). Add the tomatoes.
8. Next, chop the onions and poblano pepper and add to the mixture.
9. Drizzle olive oil over the salad.
10. Add sea salt and pepper to taste and let chill before serving.





## broccoli & vidalia onion salad



### INGREDIENTS

- 1 large head of broccoli, chopped
- 1 medium Vidalia onion, diced
- 1 pkg. cherry tomatoes, halved
- 1/2 cup raisins or dried cranberries
- 1/2 cup pecans, chopped
- 8 oz. sharp cheddar cheese, shredded
- 1 cup bacon, crumbled
- 1 cup Mayonnaise
- 2 Tbsp. white vinegar
- 1/4 - 1/2 cup sugar, to your liking

### DIRECTIONS

1. In a small bowl, whisk vinegar, mayonnaise and sugar to create dressing.
2. In a large bowl, combine all other ingredients. Add dressing and toss until evenly coated.

**PREP TIME: 10 MINUTES**

**COOK TIME: 5 MINUTES**

**SERVINGS: 4**





# vidalia onion cornbread

## INGREDIENTS

- ¼ c. butter
- 1 large Vidalia onion, coarsely chopped
- 1 c. flour
- 1 c. cornmeal
- 1 Tbsp. baking powder
- 1 egg, beaten
- 1 c. milk
- 1 c. sour cream
- 1 c. cheddar cheese, grated
- Salt and pepper

**PREP TIME: 10 MINUTES**

**COOK TIME: 30 MINUTES**

**SERVINGS: 8**

## DIRECTIONS

1. Preheat oven to 450° F and spray an 8-inch square baking pan with cooking spray.
2. In a medium saucepan, melt the butter and sauté the chopped onion until tender (but not browned), for about 3 minutes.
3. Remove the pan from the heat.
4. In a large mixing bowl, combine the onions, flour, cornmeal, baking powder, egg, milk, sour cream, ½ cup of the cheese, and salt and pepper.
5. Stir well to combine.
6. Pour the mixture into the pan and top with the remaining ½ cup of cheese.
7. Bake for 30 minutes and check for doneness with a toothpick inserted into the center of the cornbread. If it comes out clean, the cornbread is ready!
8. Allow the bread to cool slightly before cutting it into squares. We suggest serving it warm.





# vidalia onion salad dressing

## INGREDIENTS

- ½ large Vidalia onion, chopped
- 3 Tbsp. apple cider vinegar
- 2 tsp. sugar
- 2 tsp. creamy Dijon mustard
- ½ tsp. pepper
- ¼ tsp. salt
- ½ cup olive oil

## DIRECTIONS

1. Add onion, vinegar, sugar, mustard, pepper and salt to blender or food processor. Blend until well pureed.
2. While running, add oil (a little at a time, through the hole in the top of the blender or food processor) until dressing is creamy.

**PREP TIME: 10 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 4**







# hot crab dip with vidalia onions

## INGREDIENTS

- 16 oz. cream cheese, softened
- 8 oz. crab meat
- 2 Tbsp. Vidalia onion, finely chopped
- 1 Tbsp. prepared horseradish
- 1 tsp. Worcestershire sauce
- ½ tsp. hot sauce
- ¼ cup walnuts, finely chopped
- 1 tsp. paprika

**PREP TIME: 15 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 8**

## DIRECTIONS

1. Preheat oven to 375°F.
2. Into a large bowl with the softened cream cheese, stir in crab meat, onion, horseradish, Worcestershire sauce, and hot sauce.
3. Spread the mixture into a 9-inch pie pan.
4. Top with walnuts and paprika and bake for 25 minutes until lightly browned.
5. Serve with your favorite crackers.





## strawberry & vidalia onion chicken salad



### INGREDIENTS

- 2 cups diced chicken - we use rotisserie chicken
- 1/2 cup Vidalia onion, diced
- 1 cup strawberries, diced
- 1 cup celery, diced
- 2 Tbsp. Dijon mustard
- 1/2 cup mayo
- Juice of 1/2 lemon
- salt and pepper to taste

### DIRECTIONS

1. Add chicken, vegetables and strawberries to a large bowl.
2. Add dijon mustard and mayo.
3. Stir to combine.
4. Season with salt and pepper if desired.
5. Store in an airtight container in the refrigerator until ready to serve.
6. Serve on a croissant, bed of greens, or bun; alongside crackers; or just dig in with a fork!

**PREP TIME: 15 MINUTES**

**SERVINGS: 6**