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Good Onions. Great Cause. Celebrating Breast Cancer Awareness Month.

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PREMIUM Sweet Onions
PERI & SONS FARMS
RECIPES, HEALTH TIPS & MORE » CHOOSE OUR CHARITY »

Good Onions. Great Cause.



Celebrating Breast Cancer Awareness Month

Did you know that you can reduce your risk for breast cancer by improving your diet? Research shows that a substantial percentage of all cancer deaths are linked to diet and physical activity.

Look for special PINK BCA packs of our onions in your local store. You can use them in these healthy recipes we're sharing today. Remember, eating right and exercising will help to Keep You in the Pink. #breastcancerawareness #pinkribbon



Caramelized Onion Hummus

This dip is fantastic served with pita chips or as a veggie sandwich topping.

[get the recipe »](#)



Chicken Tacos with Avocado Mango Salsa

Sweet, savory and easy to make. A great meal for busy weeknights.

[get the recipe »](#)



Baked Dijon Chicken Breasts with Sauteéd Veggies

This light, healthy dish will leave you feeling satisfied and good.

[get the recipe »](#)

[[view all of our recipes at PeriandSons.com »](#)]



Choose Our Charity!

Help us pick the charity that receives our annual breast cancer research donation.

Vote for our favorite charity in our annual Breast Cancer Awareness Promotion and we'll send you an inspirational "BEE Aware" magnet.

[YES! I Want to Make a Difference »](#)



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