

Caramelized Onion Dip

Author: Heidi Swanson, 101 Cookbooks blog



Carolyn T's
Main Cookbook

Servings: 10

Yield: 2 cups

Description: NOT the onion-soup-mix type

1. In a large thick-bottomed skillet over medium heat saute the chopped onions in the olive oil along with a couple pinches of salt. Stir occasionally with a wood or metal spatula and cook until the onions are deeply golden, brown, and caramelized - roughly 40 or 50 minutes (see photo). Set aside and let cool.

2. In the meantime, whisk together the sour cream, yogurt, onion powder, and salt. The important thing is to add whatever onion powder you are using to taste. Add a bit at a time until it tastes really good. Set aside until the caramelized onions have cooled to room temperature. Stir in 2/3 of the caramelized onions, scoop into a serving bowl, and top with the remaining onions. Garnish with Italian parsley, if using. Best served at room temperature.

2 tablespoons extra virgin olive oil
2 large yellow onions, about 1 1/2 pounds, finely chopped
3/4 cup sour cream (low fat is fine)
3/4 cup Greek yogurt, full-fat (low-fat is fine)
3 teaspoons onion powder
1/2 teaspoon salt, scant
2 tablespoons Italian parsley, garnish, optional

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 92 Calories;
8g Fat (74.8% calories from fat); 2g Protein; 4g
Carbohydrate; trace Dietary Fiber; 15mg Cholesterol;
126mg Sodium. Exchanges: 0 Grain(Starch); 1/2
Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.*