

# Cheesy Roasted Onions

adapted from Kalyn's Kitchen, Feb. 2013

Internet Address: <http://kalynskitchen.blogspot.com/2009/06/recipe-for-onion-gratin-with-rosemary.html>



## ONIONS:

4 medium yellow onions, or sweet or red onions

1 tablespoon olive oil, for brushing onions (1 to 2)

1 teaspoon fresh rosemary (or use 1/2 tsp. dried rosemary) finely chopped with large knife

2 tablespoons fresh thyme leaves, minced (or use 1 T. dried thyme)

## GRATIN TOPPING:

6 tablespoons mayonnaise, [Kalyn used 4 T. low fat, 2 T full fat]

1 tablespoon fresh lemon juice, or lime juice

1/2 teaspoon Dijon mustard

1/3 cup mozzarella cheese, grated (or use chopped fresh Mozzarella)

1/3 cup Gruyere cheese, grated

1/3 tablespoon sharp cheddar cheese, grated (or use Pecorino)

2 tablespoons Parmigiano-Reggiano cheese, grated

2 teaspoons fresh rosemary, minced

2 teaspoons fresh thyme, minced

fresh ground black pepper to taste

## Servings: 6

*Both times I made these I used different combos of cheese. First: small, fresh Mozzarella balls cut in half, soft goat cheese, Pecorino. Second time: Gruyere, regular Mozzarella, sharp cheddar and some Parm. I think I preferred the 2nd grouping of cheeses.*

Note: if using sweet onions, the baking time might be a bit longer than in the recipe (because they contain more water). I baked them at 450 for 12 minutes, spread the topping on, then reduced the oven temp to 350 and baked them for about 25 more minutes. Both times I baked them, they required different baking times.

1. Preheat oven to 450°. Peel onions and cut in 1/2 inch slices. Spray or brush baking sheet with olive oil, then arrange onion slices in a single layer. Spray or brush onions with oil, then sprinkle with chopped herbs. Roast onions 15-20 minutes.
2. While onions roast, combine mayo, lemon juice, Dijon mustard, your cheeses of choice, herbs and black pepper in a small bowl. Mix together with a fork. (The mixture will be lumpy.)
3. Spray a 9" x 13" casserole dish with olive oil or nonstick spray. Remove baking sheet from the oven and use a turner to place onions in the casserole dish. Spread topping over onions (use a sandwich spreader if you don't want to use your fingers). It's okay if the mixture doesn't cover every bit of the onions. Place casserole dish in oven and bake 25-35 minutes, or until top is golden brown and onions are slightly bubbling. Serve hot. If tops aren't golden brown, use broiler and watch carefully so they don't burn.

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Per Serving (excluding unknown items): 203 Calories; 18g Fat (77.1% calories from fat); 5g Protein; 7g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 166mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>