Sweet Onion and Thyme Dip

Adapted from a Sunset magazine recipe, 2010



Make ahead: Up to 4 days, chilled.

2 cups sweet onion, finely chopped Maui or other sweet type, about 12 ounces

2 tablespoons olive oil

2 teaspoons fresh thyme, chopped plus thyme sprigs for garnish

3/4 teaspoon kosher salt

1/4 teaspoon pepper

1 1/2 cups Greek yogurt, full-fat, or use low-fat

1/2 teaspoon dried thyme

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

Servings: 8

1. Cook onion in oil in a large nonstick frying pan over medium heat, stirring often, until golden, 12 to 15 minutes. Watch carefully that it doesn't burn.
2. Add chopped fresh thyme, salt, and pepper and cook another minute. Let cool.
3. Stir in yogurt and dried thye that you've crushed between your palms. Stir well, taste for seasonings then transfer to a bowl. Chill at least 30 minutes (it's even better the next day). Garnish with thyme sprigs and serve with potato chips or toasted pita chips.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (64.7% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 199mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.