CARAMELIZED ONION DIP
Recipe via 101 Cookbooks

HERE’S A HEALTHIER VERSION USING LOTS OF DEEPLY CARAMELIZED ONIONS ALONG WITH GREEK YOGURT AND SOUR CREAM BASE.

PREP TIME: 10 minutes  TOTAL TIME: 60 minutes

INGREDIENTS

- 2 Tbs. extra virgin olive oil
- 2 large yellow onions (about 1 1/2 pounds), finely chopped
- 3/4 cup sour cream (low-fat is fine if you like)
- 3/4 cup Greek yogurt (low-fat is fine if you like)
- 3 tsp. dehydrated onion powder/granulates (salt-free, natural)
- 1/2 teaspoon salt, very scant

DIRECTIONS

1. In a large thick-bottomed skillet over medium heat sauté 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. I think this dip is best at room temperature.

NOTES FROM THE AUTHOR

I can also imagine cutting back on the dairy (and bumping up the protein content), by pureeing some silken organic tofu in place of 1/3 to 1/2 of the
sour cream/yogurt (before adding the onions). I didn't test this, but I'm almost sure it would be good.

Makes about 2 cups