Caramelized Onion Dip

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

1 tablespoon extra-virgin olive oil

1 cup diced onion (about 1 medium onion)

Pinch salt

¾ cup nonfat plain Greek yogurt (about 6 ounces)

¼ cup olive oil mayonnaise

¼ teaspoon garlic powder

¼ teaspoon ground white pepper (black pepper is okay, but you may want to use less)

Directions

1. Heat a medium-sized sauté pan over medium heat.
2. Add the oil and allow it to heat up (about 20-30 seconds).
3. Add the onion and salt and cook until the onions are caramelized, about 20-30 minutes, stirring every 5-10 minutes.
4. Remove the pan from the heat and set aside to cool.
5. While the onions caramelize, add the Greek yogurt, mayonnaise, garlic powder, and white pepper to a small mixing bowl. Stir to combine.
6. Add the cooled caramelized onions to the yogurt mixture and stir to combine.
7. Serve immediately or refrigerate for at least 30 minutes, up to 7 days. Stir before serving to recombine.

Recipe Notes

- The flavor of this dip improves with time. If possible, make it the day before you plan to serve it. The dip will thicken as it sits in the refrigerator. If needed, add 1-2 tablespoons of water and mix well to thin.
- This dip goes well with whole-grain chips (e.g. tortilla chips) or crackers, as well as raw crunchy vegetables such as carrots, celery, cucumbers, bell peppers, broccoli, cauliflower, and snap peas.

Nutrition Facts Per Serving: Calories: 55 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 75 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 2.5 g

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