

ROASTED SWEET ONION DIP

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/OnionDip.aspx>

Ingredients

- 2 large sweet onions (Vidalia or Walla Walla), peeled and quartered
- 1 Tbsp. olive oil
- 1 tsp. salt, divided
- 1 whole garlic head
- 1/3 cup nonfat sour cream
- ¼ cup fresh cilantro, packed
- 1 Tbsp. fresh lemon juice

Instructions

1. Preheat oven to 425°F.
2. Place onion in a medium bowl and drizzle with olive oil then sprinkle with 1/2 teaspoon of the salt. Toss to coat.
3. Remove white paper skin from garlic head but do not peel or separate cloves. Wrap and seal garlic head in foil.
4. Place onion and garlic on a baking sheet and bake for 1 hour. Remove from oven and let cool for 10 minutes.
5. Chop onion and place in a medium bowl. Separate garlic cloves and squeeze out pulp then discard skins.
6. Add 1/2 teaspoon of salt, sour cream, cilantro and lemon juice to onion mixture and mix well. Cover and chill for 1 hour.

Makes 8 servings [Serving Size: 1/8 of recipe (78 g)]

Nutritional information per serving (8 servings)

Calories	62	Dietary Fiber	1 g
Calories from fat	23	Sugars	1g
Total Fat	3g	Protein	2 g
Saturated Fat	0 g	Vitamin A	4%
Cholesterol	1 mg	Calcium	10%
Sodium	402 mg	Iron	4%
Total Carbohydrates	9 g	Vitamin C	0%

Percent daily values based on a 2000 calorie diet.



Wellness Center