

Caramelized Onion Dip



This recipe is gluten free

This classic dip takes a modern turn with the addition of ANGOSTURA® aromatic bitters and balsamic vinegar. No onion soup mix, just caramelized onions with bitters and balsamic.

INGREDIENTS

2 large onions

1/2 Tbsp. salt

2 Tbsp. olive oil

2 Tbsp. ANGOSTURA® aromatic bitters

2-3 Tbsp. balsamic vinegar

1-1/2 cups fat free sour cream

Potato chips or other chips

Makes 2-1/2 cups dip

METHOD

Peel onions and quarter lengthwise; slice thinly. Heat a large non-stick skillet over medium heat. Add onions and sprinkle with salt. Stir occasionally until onions are hot, 8-10 minutes. Meanwhile, stir together olive oil, ANGOSTURA® aromatic bitters and vinegar. Pour over onions and stir.

Continue to cook on medium heat, stirring occasionally, until onions turn golden brown, 30-40 minutes. Remove from heat and cool completely.

Stir caramelized onions into sour cream. Refrigerate 3-4 hours or overnight for flavors to develop. Serve with chips of your choice.

Recipe by Rita Held

Nutrition per tablespoon (2 tsp. vinegar, no chips): 16.6 calories, 0.7 g fat (0.1 g sat fat), 0.8 mg cholesterol, 0.4 g protein, 2.2 g carbohydrate, 41.6 mg sodium, 0.1 g fiber