

Appetizers

Caramelized Vidalia Onion Dip

Katie Lee

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Servings: 6

Preparation Time: 50 minutes

Start to Finish Time: 1 hour

1 tablespoon extra-virgin olive oil
1 large Vidalia onion, very thinly sliced
8 ounces cream cheese, at room temperature
1/2 cup mayonnaise
1/4 cup sour cream
1 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1/2 teaspoon onion powder
freshly ground pepper
1 scallion (green part only), thinly sliced
scallion (green part only) for topping
vegetables (roasted and raw) (for serving)

In a medium skillet over medium-high heat, heat the olive oil. Add the onion and saute' until beginning to brown, 5 to 7 minutes. Stir in 1/4 cup of water. Scrape up any browned bits from the bottom of the pan. Turn the heat to low. Cook until the onion is golden brown, 30 to 35 minutes, stirring occasionally. (If the pan ever looks too dry, add a tablespoon of water.) Let cool completely.

In a medium bowl, combine the cream cheese, mayonnaise, sour cream, Worcestershire sauce, garlic salt, onion powder and 1/2 teaspoon of pepper. Beat with a mixer until smooth. Stir in the caramelized onion and the scallion.

Chill until serving time.

Top with more scallions and serve with vegetables for dipping.

Per Serving (excluding unknown items): 312 Calories; 33g Fat (91.5% calories from fat); 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 52mg Cholesterol; 401mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.