

Appetizers

Tangy Sour Cream and Onion Dip

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Preparation Time: 30 minutes

Start to Finish Time: 2 hours 30 minutes

2 tablespoons olive oil

1 cup chopped onion

pinch sugar

pinch salt

1 clove garlic, minced

1/2 cup sour cream

1/2 cup mayonnaise

1/2 cup plain Greek yogurt

black pepper (to taste)

crisp crumbled bacon (optional)

fresh snipped chives (optional)

In an eight-inch skillet, heat the oil over medium-low heat. Add the onion, sugar and salt. Cook about 15 minutes or until lightly browned, stirring occasionally.

Add the garlic and cook 3 to 5 minutes more or until the onions are golden and caramelized.

Transfer the onion mixture to a bowl. Let cool for 5 minutes. Stir in the sour cream, mayonnaise and yogurt. Season with black pepper.

Chill at least two hours before serving or up to twenty-four hours.

If desired, top with crumbled bacon and chopped chives.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 1339 Calories; 145g Fat (92.5% calories from fat); 7g Protein; 20g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 692mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Non-Fat Milk; 18 Fat.