

Zucchini Onion Dip

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1 sweet onion, finely chopped
2 tablespoons vegetable oil
1 medium zucchini, finely chopped
1/2 cup mayonnaise
1/4 cup chopped dill
1/4 cup chopped scallions
2 teaspoons white wine vinegar
1/2 teaspoon onion powder
1/2 teaspoon granulated garlic
1/2 teaspoon Kosher salt
1 1/2 cups light sour cream
salt (to taste)
chopped dill (for topping)

In a medium skillet over medium-high heat, saute' the onion in vegetable oil until browned and very tender, about 20 to 25 minutes. Let cool. Set aside.

In a food processor, puree' the zucchini with the mayonnaise, dill, scallions, vinegar, onion powder, garlic and Kosher salt.

Stir in the sour cream. Season with salt. Stir in the sautee'd onion.

Top with more dill.

Per Serving (excluding unknown items): 1237 Calories; 128g Fat (86.3% calories from fat); 12g Protein; 33g Carbohydrate; 5g Dietary Fiber; 66mg Cholesterol; 1665mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 14 Fat; 1/2 Other Carbohydrates.