

Balsamic Caramelized Onions

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1 tablespoon olive oil
1 pound red onions, halved lengthwise and thinly sliced
1/4 cup dry white wine
1 tablespoon balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon ground black pepper

In a large skillet, heat the olive oil over medium-low heat.

Add the onions. Cover and cook for 13 to 15 minutes or until the onions are tender, stirring occasionally.

Uncover, cook and stir over medium-high heat for 3 to 5 minutes more until evenly golden.

Carefully add the wine and vinegar. Cook and stir over medium heat until the liquid has evaporated.

Stir in the salt and pepper.

Per Serving (excluding unknown items): 336 Calories; 14g Fat (40.9% calories from fat); 5g Protein; 41g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 550mg Sodium. Exchanges: 0 Grain(Starch); 7 Vegetable; 0 Fruit; 2 1/2 Fat.