

Side Dish

Caramelized Balsamic Onions

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Servings: 8

Preparation Time: 20 minutes

Bake Time: 50 minutes

2 tablespoons butter, melted

1 tablespoon olive oil

1/3 cup balsamic vinegar

2 tablespoons dry white wine, chicken broth or water

1 tablespoon sugar

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

4 medium yellow onions

salt and freshly ground black pepper (to taste)

fresh thyme leaves (optional)

Preheat the oven to 425 degrees.

In a 3-quart rectangular baking dish, combine the butter and olive oil.

Whisk in the vinegar, wine, sugar, salt and pepper. Set aside.

Peel off the papery outer layers of the onions, but do not cut off either end. Cut the onions in half from stem end to root end.

Place the onions in the dish, cut sides up. Cover loosely with foil.

Bake for 25 minutes.

Remove the foil. Using tongs, carefully turn the onions to cut sides down.

Bake, uncovered, for 25 to 30 minutes or until the onions are tender and the balsamic mixture is thickened and caramelized.

Season to taste with additional salt and pepper.

Sprinkle with fresh thyme, if desired.

Serve with cut sides up.

Per Serving (excluding unknown items): 69 Calories; 5g Fat (57.8% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.