



## Roasted Sweet Onion Dip

*(Makes 8 servings)*

### Ingredients:

- 2 large sweet onions (Vidalia or Walla Walla), peeled and quartered
- 1 tablespoon olive oil
- 1 teaspoon salt, divided
- 1 whole garlic head
- 1/3 cup nonfat sour cream
- 1/4 cup fresh cilantro, packed
- 1 tablespoon fresh lemon juice

### Directions:

1. Preheat oven to 425 degrees.
2. Place onion in a medium bowl and drizzle with olive oil then sprinkle with 1/2 teaspoon of the salt. Toss to coat.
3. Remove white paper skin from garlic head but do not peel or separate cloves. Wrap and seal garlic head in foil.
4. Place onion and garlic on a baking sheet and bake for 1 hour. Remove from oven and let cool for 10 minutes.
5. Chop onion and place in a medium bowl. Separate garlic cloves and squeeze out pulp then discard skins.
6. Add 1/2 teaspoon of salt, sour cream, cilantro and lemon juice to onion mixture and mix well. Cover and chill for 1 hour.
7. Serve with fresh vegetable sticks or Garlic Pita Chips.

### NUTRITION FACTS:

Serving Size: 1/8 of recipe (78 g) Servings Per Recipe: 8

#### Amount per serving

Calories 62/Calories from fat 23/Total Fat 3 g/Saturated Fat 0 g/

Cholesterol 1 mg/Sodium 402 mg

*This recipe was reprinted with permission from Public Health – Seattle King County.*

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