



Sweet Caramelized Onion Dip



1/6th of recipe (about 1/3 cup): 74 calories, 1.75g total fat (<0.5g sat. fat), 512mg sodium, 11g carbs, 0.5g fiber, 4.5g sugars, 3.5g protein

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Prep: 15 minutes **Cook:** 45 minutes

Chill: Overnight



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Ingredients

- 1 tbsp. light whipped butter or light buttery spread
- 2 large sweet onions, chopped
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1 tsp. Dijon mustard
- 1 tsp. balsamic vinegar
- 1/2 cup fat-free sour cream
- 1/2 cup fat-free mayonnaise
- 1/4 cup plus 2 tbsp. fat-free cream cheese, room temperature

Directions

Melt butter in a large skillet over medium-high heat. Add onions, salt, and cayenne pepper. Stirring frequently, cook for 10 minutes.

Reduce heat to medium low. Stirring frequently, cook until caramelized, 25 to 30 minutes.

Stir mustard and vinegar into the onions in the skillet. Cook and stir for 5 minutes. Remove from heat.

In a large bowl, whisk sour cream, mayo, and cream cheese until smooth. Thoroughly stir in onion mixture.

Cover and refrigerate overnight to allow flavors to combine. Serve and enjoy!

MAKES 6 SERVINGS

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