



Mary Crafts' Caramelized Onion Vinaigrette

- 2.5 Tbsp balsamic vinegar
- 2.5 Tbsp chicken broth
- 1/2 tsp Dijon mustard
- 1/8 tsp garlic, minced
- 2.5 Tbsp olive oil
- 2.5 Tbsp canola oil
- 1 small onion; peeled, diced, and caramelized
- Salt and fresh ground pepper to taste

1. To caramelize onions, sprinkle with 1/3 cup sugar and in a rondo with some oil, slowly sauté onion until golden brown and very soft, let cool.
2. Combine the vinegar, chicken broth, mustard, and garlic.
3. Slowly add olive oil while whisking the mixture together.
4. Add the onions and puree. Season with salt and pepper to taste and a little sugar if needed.

Nutrition Facts

Serving Size: 1/10 recipe (29g)

Calories	100
Total Fat	7g
Cholesterol	0mg
Carbohydrates	8g
Dietary Fiber	0g
Sodium	65mg
Protein	0g

Diabetic Exchanges

Protein	0
Fat	1
Carbohydrates	.5

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