



Mary Crafts' Caramelized Onion Vinaigrette

Serves 10

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.

Nutritional Analysis

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

Diabetic Exchanges:

Protein	0
Carbohydrates	.5
Fat	1