

Caramelized Onion Dip



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 8

Prep: 10 minutes | **Cook:** 10 minutes

INGREDIENTS

- 1 1/2 cups onions, diced
- 2 tablespoons oil
- 3/4 cups mayonnaise
- 1/8 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1/4 teaspoon lemon juice
- 1/4 teaspoon salt

DIRECTIONS

1. Heat a pan over medium heat and add oil. Add onion and cook over medium heat until onions are brown.
2. Remove onions from heat and cool.
3. Place all ingredients in a blender or food processor and blend until smooth.



Nutrition Information

Serving Size: 1/8 of recipe

Total Calories	125
Total Fat	10.8 g
Saturated fat	1.6 g
Cholesterol	6 mg
Sodium	231 mg
Carbohydrates	7.3 g
Fiber	0.5 g
Sugars	2.3 g
Protein	0.5 g

Recipe Source: Greater Chicago Food Depository