

## Caramelized Onions

- Several medium or large onions
- Olive oil
- Butter (optional)
- Salt
- Sugar (optional)
- Balsamic vinegar (optional)

1. Heat tablespoon olive oil and butter on high heat in a large skillet, when oil is heated, add sliced onions and cook on high heat for about 10 minutes, constantly stirring with spatula. The onions should start to brown, but without burning.
2. Reduce heat to medium and continue cooking onions for 10 more minutes, continuing to stir. At this point add just a pinch of salt over onions.
3. Continue cooking the onions for 10 more minutes on medium or low heat, stirring occasionally. Add a little bit of water if they start to stick.
4. Remove from heat and sprinkle onions with a small amount of balsamic vinegar to deglaze the pan.

## Caramelized Onion and Goat Cheese Tart

- 2 tablespoons olive oil
- 3 onions, roughly chopped
- Salt
- 8 ounces goat cheese, at room temperature
- 1/2 teaspoon black pepper
- 1 sheet frozen puff pastry, defrosted
- 1 tablespoon fresh thyme

- Place olive oil in a sauce pan over medium heat. Add onions and cook, stirring occasionally, until caramelized, about 35 minutes. Season with salt. Let come to room temperature.
- While onions are cooling, place goat cheese in a small bowl. Add black pepper and stir goat cheese until soft and easily spreadable.
- Preheat oven to 375°F. Line a baking sheet with parchment paper.
- Place puff pastry on baking sheet. Spread goat cheese over tart, leaving a 1/2 inch border on all sides. Top tart evenly with onions and sprinkle with thyme. Bake until crust is golden, about 25-30 minutes.
- Let tart cool for 15 minutes. Cut into approximately 2 by 3 inch rectangles. Serve warm or at room temperature.

## Slow Cooker French Onion Soup

- 3 pounds yellow onions, peeled & thinly sliced
- 12 cups beef broth
- 1 cup red wine (or your favorite beer)
- 2 teaspoons Worcestershire sauce
- 3 tablespoons unsalted butter
- 1 teaspoon minced garlic
- 1/2 teaspoon dried ground rosemary
- Crusty day old bread or croutons
- Swiss cheese

- Place sliced onions into a large slow cooker. Top with beef broth, wine, worcestershire, butter, garlic, and rosemary.
- Cook on low 6-8 hours or until onions are soft.
- If desired, spoon into oven safe bowls and top with bread/croutons and Swiss cheese. Place in warm oven to melt cheese

## Easy Green Onion Dip

- 8 ounces of softened cream cheese
- 1 cup of sour cream
- 2 cups of finely diced green onions
- 1/2 cup diced parsley
- 2 teaspoons minced garlic
- 1/2 teaspoon vinegar
- salt and pepper to taste

In a food processor, pulse the cream cheese and sour cream until well combined. Stir in the remaining ingredients. Cover and refrigerate for 2 hours before serving.

## Crispy Baked Onion Rings

- 2 large Vidalia onions
- 3/4 cup all-purpose flour
- 4 large egg whites
- 2 Tablespoons mayonnaise
- 1 1/2 cups Italian-style breadcrumbs
- Cooking spray

1. Preheat oven to 425F. Spray baking sheet with cooking spray.
2. Slice the onions into 1/2-inch wide rings then place the rings in a bowl of water.
3. In a medium bowl, whisk together the flour, 1 teaspoon salt and 1/4 teaspoon pepper. In a second medium bowl, whisk together the egg whites and the mayonnaise. Add the breadcrumbs to a third medium bowl. Remove each onion ring from the water, shaking off any excess and then placing it immediately into the flour, tossing until it's thoroughly coated. Next, dip the onion ring into the egg white mixture until it's thoroughly coated and then into the breadcrumbs, pressing them firmly onto all sides of the onion ring. Place the onion ring on the prepared baking sheet and repeat the coating process with the remaining onion rings.
4. Thoroughly spray the onion rings with cooking spray (optional, but it helps them brown more evenly). Bake the onion rings for 10 minutes then flip them once and bake an additional 5 minutes until they're golden brown and crispy. Serve immediately with your favorite dipping sauce.

## Quick Pickled Red Onions

- 1 red onion, thinly sliced
- 1 cup apple cider vinegar
- 2 tbsp. sugar
- 1 tbsp. kosher salt
- 2 cup water

1. Whisk vinegar and seasonings with 2 cups of water until fully dissolved.
2. Place onion slices in a container and add liquid until covered. 1 quart mason jars work perfectly for this.
3. Let sit for at least 1 hour, but it is best if left in the fridge overnight.

## Onion Gravy

- 1 tablespoon plus 4 tablespoons butter, divided
- 1/2 cup finely diced onion
- 4 tablespoons flour
- 2 cups low-sodium vegetable broth
- 1 tablespoon Tamari or soy sauce (optional)
- Salt and fresh ground black pepper to taste

1. In a medium saucepan over medium-low heat, melt one tablespoon of butter.
2. Add the onion and sauté for 10 - 15 minutes until soft and light brown.
3. Remove the onion from the pan and place in a small bowl. Set aside.
4. Add the remaining four tablespoons of butter to the saucepan and melt over medium-low heat.
5. Stir in the flour and cook, stirring frequently, for three minutes.
6. Gradually stir in the vegetable broth and continue stirring, over medium-low heat, until thickened to a gravy consistency, about 3 - 4 minutes.
7. Add back the cooked onions. Add Tamari or soy sauce if using. Add salt and pepper to taste and serve.