



THE
LITTLE FRENCH BAKERY

CARAMELIZED ONION DIP

6 medium/large yellow onions

2 tablespoons butter

2 tablespoons olive oil

4 oz. cream cheese, softened*

1/2 cup sour cream or Greek yogurt*

1/2 -2/3 cup mayonnaise (for a creamier dip, add more)*

1 tsp salt (or to taste)

1/2 tsp black pepper (or to taste)

1/8-1/4 tsp cayenne pepper (or to taste)

1 dash of Paprika for garnish

Potato chip, Corn chips, Vegetables or Your favorite Dipper

Slice onions into thin strips, and cut in half again. Add to saute pan with butter and olive oil. Slowly cook over low heat for 3-4 hours, stirring occasionally to prevent any browning/burning.

Cool the onions about 15 minutes in the pan so they are at room temperature.

With a mixer or by hand, loosen the cream cheese. Stir in the sour cream and mayonnaise. Stir to make a smooth, creamy paste. Add the onions. Stir to combine. Adjust seasonings to your taste. I like to add a little extra cayenne pepper for more heat. Spoon into a serving bowl and garnish with a dash of paprika. Serve with chips, corn chips, crackers or any other dippable. Makes about 2 1/2 to 3 cups.

*You can substitute non-fat, low fat or reduced fat products for mayo, cream cheese or sour cream/yogurt with little change to the taste and/or texture.