

French Onion Dip

Ingredients

- 1 tablespoon olive oil
- 4 medium onions peeled and sliced
- 1 tablespoon Worcestershire sauce
- 2 cups Nonfat Greek yoghurt

Instructions

1. In a large non-stick frying pan melt the butter over a medium-high heat. Add the onions, and a generous pinch of sea salt, tossing to coat well.
 2. Cook stirring frequently, until the onions caramelize into a deep brown color, 45 minutes (add a splash of water towards the end if the onions begin to burn). When the onions are done, turn off the heat and stir in the Worcestershire sauce.
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3. Transfer to a medium bowl and let cool completely. Add the yoghurt and stir to combine. Stir in several turns of freshly ground black pepper. Taste for sea salt.

Nutrition Facts

Servings: 10

Amount per serving

Calories **57**

% Daily Value*

Total Fat 1.4g	2%
Saturated Fat 0.2g	1%
Cholesterol 2mg	1%
Sodium 35mg	2%
Total Carbohydrate 6.2g	2%
Dietary Fiber 0.9g	3%
Total Sugars 4g	
Protein 5.1g	