

## **Caramelized Onion Dip**

### **Ingredients**

1 yellow (or whatever you have) onion, chopped  
2 TB olive oil  
1 cup plain Greek Yogurt (or 2 cups and skip the mayo)  
1 cup Mayo  
1 TB balsamic vinegar  
1/2 tsp Worcestershire sauce  
salt, pepper, water

### **Instructions**

Saute the onions on medium-high for about 10 minutes until they become translucent. Reduce heat after they've softened to medium and add the vinegar, salt, and pepper. Cook uncovered for 20-25 minutes until onions have caramelized. Add a tablespoon of water periodically if onions start to stick to the pan. Meanwhile, add yogurt and mayo (if using) to a bowl.

Let the onions cool before adding them to the yogurt. Set a little aside for a garnish if desired. Add a dash of Worcestershire sauce, salt, and pepper to taste. Use potato chips or crudites for dipping.