



# French Onion Dip

Using the Flux Capacitor to bring a 50's classic into the 21st century.

This dip was a direct result of going to a get-together, potluck kinda thing yesterday. My wife made one of the onion dip packets from the store, along with regular sour cream. The amount of points and calories in that blew my freaking mind, soooo... here we are. This recipe calls for caramelizing diced sweet onions with beef broth and seasonings, then mixing them together with fat free Greek yogurt and just a touch of light mayonnaise for creaminess. You won't want to buy those high calorie, high point, store bought dried packets again.

## Ingredients:

- 3 cups Vidalia onions, diced (sweet yellow onions)
- 0 point butter flavored cooking spray
- 1 medium garlic clove, minced
- 1/2 cup beef broth, fat free
- 1 Tbsp white vinegar
- 1 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 2 tsp onion powder
- 2-1/2 tsp paprika
- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise (2 Tbsp PLUS 1-1/2 tsp)

## Serving Info.:

Yields: 2 cups  
 Serving Size: 1/4 cup  
 Servings: 8



Range

0-1

- last checked 12/01/21 -  
 Use your mobile device's 'Camera' App to  
 look at this code for nutritional info.

## Directions:

- 1 Cook the onions and garlic in a large pan over medium heat, covered, for 10 minutes. Coat with butter flavored cooking spray, but keep it at 0 points worth. Stir the onions occasionally, to ensure that they don't burn. You want them to be softened, like the 2nd picture.
- 2 Add the beef broth, vinegar, salt, pepper and onion powder and paprika. Lower the heat to medium-low and cook, uncovered, for 7-8 minutes. You want almost all of the liquid to evaporate.
- 3 Remove the caramelized onions from the heat and allow them to cool. Once cooled, add them to a bowl with the yogurt and mayo, then whisk to combine. Season with additional salt and pepper if required. Done.

## Note:

- Most recipes for french onion dip call for white pepper. I personally don't care if you see little black flecks of pepper in a dip or sauce, but that's because I like pepper. Feel free to buy white pepper if you want. I'm on a budget, so until they start carrying white pepper at the 99 cent store, black's good enough lol.
- If you'd like a smokier flavor to your dip, you can add 1/2 tsp of smoked paprika, it'll give an additional little reddish tint to your dip and add a slight smokiness.
- Have a beef with France and don't want to make this dip because of 'mmmmURICA!?' Well, just call it Freedom Onion dip. It'll go great with your Freedom Fries, apple pie and sweet tea.