

Light Sour Cream and Onion Dip



Ingredients:

- 1 large yellow onion, diced
- 1 tablespoon canola oil
- 1 tablespoon water
- 8 ounces low-fat plain Greek yogurt
- 8 ounces light sour cream
- 1/2 teaspoon garlic salt
- Dash black pepper

Instructions:

1. Heat the oil over medium-low heat in a non-stick pan.
2. Add the onion and sauté for about 30 minutes, stirring frequently.
3. Add the water if onions seem a bit dry.
4. Remove the onions from heat when they are very soft and translucent, almost caramelized.
5. Let onions cool completely.
6. Mix the Greek yogurt and sour cream together in a large bowl.
7. Add the cooled onions, the garlic salt, and the pepper.
8. Combine well and place in the fridge for an hour to let the flavors develop.
9. Serve with sliced vegetables.

Makes 8 servings.



Tarrant County Public Health
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