

## CARAMELIZED ONION DIP

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Any time of year is great for a flavorful, creamy dip. But summer... now, that's *really* the time to break one out to pair with grilled foods, seasonal produce, and more.

This recipe works well to make ahead so the flavors of sweet onion, balsamic, and herbs have time to develop and blend. I often serve it with fresh or grilled veggies on a Mediterranean board, alongside chicken or shrimp skewers, with crackers and tortilla chips, or to top a turkey or beef burger.

Whatever dried herb blend you choose can change the flavor profile slightly, which adds to the fun. Use any favorite, or try:

- [Mediterranean Herb Blend](#) (The Spice House)
- [Greek Freak Mediterranean Seasoning](#) (Spiceology)
- [Italian Seasoning](#) (Simply Organic)
- [Green Za'atar](#) (Spicewalla)

Need to make it dairy-free? Try:

- plant-based yogurt in place of the dairy version
- Veganaise mayo in place of regular mayo

Makes approximately 1 1/2 cups

### INGREDIENTS

2 tablespoons olive oil  
1 1/2 cups small diced sweet onion  
1 tablespoon traditional balsamic vinegar (good quality, thick and sweet)  
1 cup plain yogurt  
1/3 cup mayonnaise (no added sugar)  
1 teaspoon dried herb blend  
1/4 teaspoon kosher salt  
1/8 teaspoon ground black pepper

### DIRECTIONS

1. Heat the oil over medium-low heat in a medium-sized sauté pan. Add the onions and sauté until very soft and caramelized stirring only occasionally, about 8 – 12 minutes. Add the balsamic vinegar and continue to cook for another minute. Remove from heat and cool to room temperature.
2. Place the yogurt, mayonnaise, herb blend, salt, pepper and cooled onion mixture in a medium-sized mixing bowl. Mix well to combine. Cover and refrigerate for at least 1 hour

or up to 24 hours. The dip will thicken as it chills. Stir again when ready to serve, and transfer to the desired serving container.