

Appetizer

Caramelized Onion Spinach Dip

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Preparation Time: 10 minutes

Cook time: 40 minutes

1 sweet onion , chopped

2 teaspoons olive oil

3 cloves garlic, minced

1/4 cup reduced-sodium chicken broth

1/4 cup white wine or additional reduced-sodium chicken broth

2 cups (16 oz) fat-free sour cream

1 package (10 oz) frozen chopped spinach, thawed and squeezed dry

3/4 teaspoon salt

baked tortilla chips or scoops

In a large nonstick skillet coated with nonstick cooking spray, cook the onion in oil over medium heat for 8 minutes, stirring frequently.

Add garlic and cook 3 minutes longer.

Stir in the broth and wine or additional broth.

Reduce heat to medium-low and cook for 25 to 30 minutes or until the onion is golden brown and the liquid is evaporated, stirring occasionally.

Transfer mixture to a bowl.

Stir in the sour cream, spinach and salt.

Serve with tortilla chips.

Refrigerate the leftovers.

Yield: 2 1/2 cups

Per Serving (excluding unknown items): 241 Calories; 10g Fat (34.0% calories from fat); 18g Protein; 28g Carbohydrate; 14g Dietary Fiber; 6mg Cholesterol; 1980mg Sodium. Exchanges: 1/2 Lean Meat; 4 Vegetable; 2 Fat; 1 Other Carbohydrates.