

Creamy French Onion Dip

Alison Ladman for The Associated Press
Palm Beach Post

Servings: 16

Start to Finish Time: 30 minutes

2 tablespoons olive oil

2 large sweet onions, sliced

4 shallots, sliced

2 cloves garlic, minced

1 teaspoon salt

1/2 teaspoon ground black pepper

16 ounces low-fat cottage cheese

1 tablespoon fresh thyme, chopped

2 teaspoons fresh marjoram, chopped

1 tablespoon fresh chives, chopped

In a large skillet over medium, heat the olive oil.

Add the onions, shallots, garlic, salt and pepper. Saute' until the onions are browned and caramelized, about 15 to 18 minutes, stirring occasionally. If the garlic begins to brown too much, add a few tablespoons of water and continue cooking.

Allow the mixture to cool for 10 minutes, then transfer it to a food processor and puree' until smooth.

Add the cottage cheese, thyme and marjoram. Puree' again until smooth.

Stir in the chopped chives.

The dip can be served immediately but benefits from being refrigerated for an hour or so to give the flavors time to combine.

Per Serving (excluding unknown items): 23 Calories; 2g Fat (64.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.