

Charred Vidalia Onion sauce

Barilla Pasta

Servings: 6

2 Vidalia onions, sliced

1/2 cup vegetable broth

1/2 cup fresh mint

*1/2 cup Parmigiano-Reggiano cheese,
grated*

salt (to taste)

pepper (to taste)

In a skillet, char the onions until they are slightly browned.

Remove the onions from the skillet and place into a blender. Add the vegetable broth, mint, cheese, salt and pepper.

Blend until smooth.

Per Serving (excluding unknown items): 30 Calories; trace Fat (12.0% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.