

Roasted Onions

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Servings: 4

4 medium onions
extra-virgin olive oil
4 tablespoons rosemary, coarsely chopped
salt and pepper
Balsamic Drizzle (optional)

Preheat the oven to 500 degrees.

Cut each onion into six wedges, leaving the root edges attached. Peel the outer skin off the onion wedges and arrange the wedges on a baking sheet.

Dress the onions with olive oil to coat and season with rosemary, salt and coarsely ground pepper.

Roast for 20 to 25 minutes until caramelized at the edges and tender.

Serve warm or at room temp as-is or with Balsamic Drizzle.

Per Serving (excluding unknown items): 53 Calories; 1g Fat (10.4% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.