

Onion Jam

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Preparation Time: 1 hour 15 minutes

Cook time: 1 hour

2 large sweet onions, sliced

1 cup dry red wine

2 tablespoons honey

1 tablespoon red wine vinegar

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon salt

1/4 teaspoon pepper

4 teaspoons apricot preserves

Place the onions and wine in a large skillet. Bring to a boil.

Reduce the heat. Cover and simmer for 30 minutes.

Stir in the honey, vinegar, pepper flakes, salt and pepper.

Simmer, uncovered, for 30 minutes or until the liquid is evaporated.

Stir in the apricot preserves. Cook 3 to 5 minutes longer or until the onions are glazed.

Remove from the heat and cool slightly.

Yield: 1/2 cup onion jam

Per Serving (excluding unknown items): 450 Calories; trace Fat (1.1% calories from fat); 3g Protein; 76g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 703mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.