



Caramelized Onions

U.S.

2 each	White Onion, large
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt

Metric

2 each
15 mL
1.5g

Preparation:

1. Gather all ingredients and equipment.
2. Julienne the onions by cutting them into long, thick strips. Keep in mind that the thicker the strips, the longer they will take to caramelize.
3. Heat a wide, thick bottomed saute pan over medium heat. Add the oil. When the oil is hot, add the onions and stir to coat the onions in oil. Spread the onions into an even layer in the pan and allow to cook, stirring only occasionally.
4. Depending on the strength of your stovetop, you may need to reduce the heat to prevent the onions from drying out or burning.
5. After about 10 minutes, add the salt. If salt is added too early it will draw water out of the onions and prevent caramelization. Once the onions begin to brown, a little water can prevent them from drying out.
6. Cook for about 30 minutes, or longer if needed. The trick to caramelized onions is to leave them alone enough to brown, so do not stir too often. Continue to cook and brown the onions until they are a rich, browned color.

Nutrition Facts

10 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **20**

Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	<1 g
Includes 0g Added Sugars	
Protein	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	32 mg
Phosphorus	5 mg
