



Recipes

Vegetables

Sautéed Onions

Prep and Cook Time: 15 minutes

Yield: 2 servings

Ingredients:

- 1 medium onion, thinly sliced
- 1 clove garlic, chopped
- 2 tablespoons + 2 tablespoons of low-sodium chicken or vegetable broth
- 3 tablespoons of extra virgin olive oil
- Sea salt and pepper

Directions:

1. Slice onions and chop garlic.
2. Heat 2 tablespoons of broth over medium heat in a stainless steel skillet.
3. When broth begins to steam, add onions and garlic, cover for 3 minutes. Uncover, add another 2 TBS broth and continue to stir for 4 minutes, leaving the lid off.
4. Remove from heat when onions become translucent, about 7 minutes, depending on the thickness of the slices. If you would like your onions more tender, cook for 2 to 3 more minutes, uncovered, and stir frequently.
5. Transfer to a bowl. For the best flavor toss onions with olive oil and add salt and pepper to taste while they are still hot.