

Best Ever Carmelized Onions

Keep your plate lean, green and incredibly tasty this Winter season!

As esteemed chef and renegade lunch lady Ann Cooper once told me, “winter can still be a glorious time to eat”. No matter where you live (and believe me, it doesn’t get much harder than Utah), you can still find delicious, healthy and sustainable food near you.



When you slow cook onions they turn sweet and rich. My husband Pete, an avid beef burger guy, slow cooks these for us in about 20 minutes, then keeps them in the fridge as an amazing catch-all condiment. He especially gave a “very robust 2 thumbs up” to veggie burgers when they were topped with these bad boys. - Kate

2 yellow onions, thinly sliced (can cut rings in half if you prefer)
2-3 tablespoons olive oil
1/4 teaspoon salt and lots of fresh cracked pepper.

1. Place all ingredients in a medium sized cast iron skillet (I think this brings out the best flavor) and cook, stirring occasionally, over medium heat until wilted and cooked through, with the edges browned and wilted.
2. Enjoy hot or store in fridge, covered, for up to a week (delicious on sandwiches, pizza, and veggie burgers)

Seasonal Recipes brought to you by:
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