

HEALTHY MAKEOVER

# Sour Cream & Onion Dip

**You'll flip for our dip.** This fresh-onion redo of the party favorite has zero MSG and one-tenth the sodium of those traditional flavoring packets. And some store-bought tubs have almost three times the calories and six times the fat. Neither option tastes nearly as good as ours. That's because we sauté vitamin C-rich onions in antioxidant-packed olive oil, then stir them into a luscious blend of sour cream and yogurt. Get ready for raves.

**Active time** 10 minutes

**Total time** 35 minutes

**Makes** 2 cups

- 1½ c. plain fat-free yogurt
- 2 Tbsp. extra virgin olive oil
- 2 med. yellow onions (6 to 8 oz. each), finely chopped
- ¼ tsp. sugar
- Salt and pepper
- ⅓ c. reduced-fat sour cream
- Snipped chives, for garnish

1. Line medium sieve set over deep bowl with basket-style coffee filter or paper towel. Spoon yogurt into filter; cover and refrigerate 25 min-

utes. Discard liquid in bowl.

2. Meanwhile, in 12-in. skillet, heat oil on medium until hot. Add onions, sugar, ¼ teaspoon salt, and ⅛ teaspoon freshly ground black pepper. Cook 15 to 17 minutes or until dark golden brown, stirring onions occasionally.

3. Line plate with double thickness of paper towels. With slotted spoon, transfer onions to plate to drain further and cool. (Onions will crisp slightly as they cool, and a few pieces may stick to paper towel.)

4. In medium bowl, combine sour cream, strained yogurt, and onions. Stir well. Cover, and refrigerate at least 1 hour or up to 3 days. (Dip is best when refrigerated for a day; flavors develop more fully.) Garnish with chives and serve with fresh veggie crudités.

**EACH 2-TABLESPOON SERVING**

About 45 calories, 2 g protein, 4 g carbohydrate, 2 g total fat (1 g saturated), 1 g fiber, 2 mg cholesterol, 55 mg sodium.

