

■ Caramelized Pearl Onions with Balsamic Glaze

2 16-ounce bags frozen white pearl onions, left frozen, excess ice removed

1/4 cup extra-virgin olive oil

2 tsps. sugar

1/2 tsp. salt

Freshly ground pepper, to taste

1 cup balsamic vinegar

2 garlic cloves, minced

2 Tbs. chopped fresh parsley

Adjust oven rack to low position, and heat oven to 425 degrees.

Toss onions with oil, sugar, salt and pepper in a medium bowl. Transfer to a cookie sheet with rim in a single layer. Roast onions until golden brown, about 30 minutes, stirring at 20 and 25 minutes (add the garlic at that point).

Meanwhile, bring vinegar to a boil; simmer over medium-high

heat, about 10 minutes, until reduced to 1/3 cup — it should be a thin syrup. Put onions into a bowl, and add reduced vinegar and parsley; toss to coat. Serve hot, warm or at room temperature.

SERVES 8 ■ PER SERVING: 124 calories, 1g protein, 14g carbohydrates, 7g fat (1g saturated), 0mg cholesterol, 0g fiber, 67mg sodium