

# Caramelised onion dip

## Ingredients

1 tablespoon olive oil

1 onion, finely chopped

$\frac{3}{4}$  cup of sour cream (low fat options can be chosen if preferred)

$\frac{3}{4}$  cup of Greek yogurt (low fat options can be chosen if preferred)

## Method

1. Sauté the chopped onions in the olive oil. Stir occasionally with a wooden or metal spatula and cook until the onions are brown and caramelised.
2. Set aside and leave to cool.
3. In the meantime, whisk together the sour cream and yogurt. Then add the caramelised onions and stir in well.

Serves  
**2**



Please check with your Dietitian that this recipe is suitable for you.