

Better Homes & Gardens

Caramelized Balsamic Onions

Pair these roasted onions with grilled steak or shrimp for a restaurant-worthy dinner.

Prep: 20 mins

Bake: 50 mins

Total: 1 hr 10 mins

Servings: 8



Ingredients

2 tablespoons butter, melted

1 tablespoon olive oil

1/3 cup balsamic vinegar

2 tablespoons dry white wine, reduced-sodium chicken broth, or water

1 tablespoon sugar

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

4 medium yellow onions (about 1 1/2 pounds total)

Fresh thyme leaves (optional)

Directions

Step 1

Preheat oven to 425°F. In 3-quart rectangular baking dish combine butter and olive oil. Whisk in vinegar, wine, sugar, salt, and pepper. Set aside.

Step 2

Peel off papery outer layers of onions, but do not cut off either end. Cut onions in half from stem through root end. Place onions in dish, cut sides up. Cover loosely with foil and bake for 30 minutes.

Step 3

Remove foil. Using tongs, carefully turn onions over to cut sides down. Bake, uncovered, for 20 to 25 minutes longer or until onions are tender and balsamic mixture is thickened and caramelized. Serve cut sides up. If desired, sprinkle with fresh thyme.

To Make Ahead:

Prepare onions as directed. Cool, cover, and chill for up to 24 hours. To reheat, preheat oven to 325°F. Bake, covered, about 40 minutes or until heated through.

Nutrition Facts

Per Serving: 81 calories; fat 5g; cholesterol 8mg; saturated fat 2g; carbohydrates 9g; mono fat 2g; insoluble fiber 1g; sugars 6g; protein 1g; vitamin a 97.2IU; vitamin c 4.1mg; vitamin b6 0.1mg; folate 12.1mcg; sodium 103mg; potassium 96mg; calcium 20.2mg; iron 0.2mg.

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