

Savory Onion Marmalade

From – *Moosewood Restaurant Low-Fat Favorites*

4 cups thinly sliced onions (about 3 large onions)

1 to 3 Tbsp water

6 garlic cloves, minced or pressed

½ tsp salt

dash of ground black pepper (or more to taste)

½ tsp dried thyme

1 tsp balsamic vinegar (optional)

1 tsp dry red wine (optional)

- In a well-seasoned cast-iron or nonstick skillet, combine the onions, 1 Tbsp of the water, garlic, salt, pepper, thyme and vinegar and/or red wine, if using.
- Cover and cook on medium-low heat for 30 to 45 minutes, stirring often and adding water as needed, until the onions are dark brown, sweet and richly flavored.
- Chill well before serving.



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