

ROASTED SWEET ONION DIP

2 large Vidalia onions, peeled and quartered
1Tbsp. plus 1 tsp. extra virgin olive oil, *divided use*
1 tsp. salt, *divided use*
1 whole head of garlic
1/3 cup sour cream (regular or reduced fat)
1/4 cup chopped fresh parsley
1 Tbsp. fresh lemon juice
Dash of cayenne pepper

Place onions in a large bowl and drizzle with 1 Tbsp. of oil. Sprinkle with 1/2 tsp. salt and toss. Cut off a very thin slice from the top (pointy end) of the head of garlic. Place it on a square of aluminum foil cut side up and drizzle with 1 tsp. oil. Seal foil tightly and place the cut onions and the foil packet of garlic on baking sheet. Bake in a preheated 425° for 1 hour. Remove from oven and cool. Place roasted onion pieces in workbowl of food processor and using on/of turns, coarsely chop. Transfer to a small bowl and squeeze garlic cloves into bowl. Add remaining 1/2 tsp. salt, sour cream, parsley, lemon juice and cayenne pepper and mix well. Cover and chill 1 hour before serving. Serve with crudités, potato chips or pita crisps. Yield: 8 servings (serving size: about 1/4 cup with 66 calories and 2.5 g of fat if prepared with reduced fat sour cream).

--Paula Anderson

VIDALIA GUACAMOLE

1 tomato, chopped fine
2 ripe avocados, mashed
1 cup Vidalia onion, minced
1 small clove garlic, minced
1 or 2 jalapeno peppers, seeds removed and minced
1 tablespoon vegetable oil
2 to 3 tablespoons vegetable juice
Salt and pepper to taste.

In food processor or by hand, mix all ingredients. Put in a small bowl, cover and chill at least 1 hour before serving.

--Vidalia Sweet Onion Lovers Cookbook