



Caramelized Onion Yogurt Dip

A light, protein-rich dip of yogurt and caramelized onions, gently seasoned with garlic and olive oil for natural sweetness and depth

INGREDIENTS

- 2 large onions (yellow or sweet)
- 1-2 tbsp olive oil
- 1 cup Greek yogurt (full-fat or 2%)
- 1 small garlic clove, grated
- Sea Salt and Black Pepper



DIRECTIONS

1. **Caramelize the onions:** Slice thinly. Cook slowly in olive oil over medium-low heat until deep golden and jam-like (20–25 minutes). Season lightly with salt.
2. **Cool the onions:** Warm onions will loosen yogurt, so let them cool to room temp.
3. **Mix the dip:** Stir Greek yogurt with garlic, salt, and pepper. Fold in most of the caramelized onions, saving a spoonful for garnish.
4. **Finish + serve:** Top with the reserved onions. Optional drizzle of olive oil or sprinkle of herbs.

FLAVOR PROFILE

Creamy, savory, sweet from slow onions, bright from yogurt—elegant but comforting.

OPTIONAL ADD-INS

- **Herbs:** parsley, chives, thyme
- **Umami:** splash of tamari or Worcestershire
- **Crunch:** toasted walnuts or pine nuts on top
- **Acid:** small squeeze of lemon
- **Heat:** pinch of Aleppo pepper or chili flakes

