



French Onion Dip with Greek Yogurt



1 Tablespoon olive oil
2 medium onions, peeled and diced
2 garlic cloves, minced
2 cups plain nonfat Greek yogurt

1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 Tablespoon chopped chives
(optional)

Instructions: Heat oil in a large skillet over medium-low heat. Add onions and sauté, stirring occasionally, until caramelized and golden brown, about 20-25 minutes. Add the garlic at the last minute of cooking. Remove from heat and allow to cool. Meanwhile in a medium bowl, combine yogurt, Worcestershire sauce, salt and pepper. Stir in the cooled onion and garlic mixture. Cover and refrigerate for at least 2 hours. Before serving, stir and top with chives. Refrigerate leftovers and use with 2-3 days.

Yield: 12 servings

Nutrition Facts (per serving): 40 calories, 1.5 grams fat, 65 milligrams sodium, 3 grams carbohydrate, 0 grams fiber, 4 grams protein