

# GREEK YOGURT ONION DIP



HEALTHY EATING SERIES  
COMPLIMENTS OF SFG



## Ingredients

### THE DIP

1 tbsp extra-virgin olive oil  
1 cup chopped shallots (about 2 large)  
Salt, to taste  
1 tsp balsamic vinegar  
1 cup plain Greek yogurt  
¼ cup milk  
¼ cup chopped fresh chives  
Ground black pepper

### TO DIP

Carrots, celery, cherry tomatoes, pretzels  
or pita chips

## Nutrition

Many dips contain additives to enhance texture or preserve freshness. Not only is this dip free of preservatives, but it also contains healthy, *unsaturated fat* from the olive oil and *protein* from the Greek yogurt, which most store-bought dips are lacking.

Choose vegetables to dip and you'll add *fiber*, *vitamins* and *minerals* to create a hearty, nutritious snack!

Preparation time	Cook time	Total time	Servings
10 min	25 min	35 min	6

## Description

You'll love this healthy spin on a creamy dip. Slow-cooked shallots in balsamic vinegar add a delicious flavor. Be sure to make this ahead of time as it needs to chill for 30 minutes before serving!

## Directions

1. **Caramelize Shallots:** Heat the olive oil in a small skillet over medium heat. Add shallots and a pinch of salt. Stir frequently, until translucent and soft, about 5 minutes. Add ¼ cup water and the balsamic vinegar. Stir occasionally, until the shallots are browned and caramelized, 12-15 minutes.
2. **Combine:** In a medium bowl, combine shallots, yogurt, milk, chives, and salt and pepper to taste. Stir until blended.
3. **Chill:** Cover and chill for 30 minutes before serving.

## Notes

**Leftovers:** Store leftovers in the refrigerator and use as a sandwich spread the next day.

**Milk:** We recommend low-fat milk, but you can use any milk you have on hand.

Original Source: [Food Network](#)