

# Roasted Garlic and Caramelized Onion Dip

1 whole white onion (I used a Walla Walla Sweet onion)	8 oz cream cheese (softened)
1/4 cup olive oil, plus 1 tbs, divided	1/4 cup sour cream
1 large head of garlic	salt and pepper to taste

*From Domestic Fits*

Preheat oven to 400 F.

Clean, then chop the onion into about 1/4 inch cubes. In this step, you'll be caramelizing the onions. The key to caramelizing onions and not browning them is to cook them low and slow.

Heat the 1/4 cup olive oil in a large pot or Dutch oven over medium heat until shimmery. Then reduce the heat to low and add the onions and a pinch of salt. Stir occasionally until the onions are soft and have turned an amber color. You want them to have a nice amber color. If not, the sugars in the onion haven't been caramelized yet and the flavors are not developed. This will take between 30 and 40 minutes, but you only have to stir occasionally so it isn't a lot of work. Cut the top off of the head of garlic, exposing the top of the cloves. Place garlic on a sheet of aluminum foil and drizzle with 1-2 tablespoons of olive oil. Fold the foil up over the garlic into a tight packet. Place it in a baking dish and place in the oven. Bake at 400 F for 30 minutes, or until garlic is soft and starting to turn an amber color. Once you have brought out those incredible flavors from your garlic and your onions, break out the food processor. Add the softened cream cheese, sour cream and onions into the bowl of the food processor. Squeeze the garlic head until the soft cloves pop out and add them into the food processor as well. Process until smooth and creamy. Add salt and pepper to taste.



For more tasty recipes, visit [www.DomesticFits.com](http://www.DomesticFits.com)