



Sweet Caramelized Onion Dip



1/6th of recipe (about 1/3 cup): 74 calories, 1.75g total fat (<0.5g sat fat), 512mg sodium, 11g carbs, 0.5g fiber, 4.5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 15 minutes **Cook:** 45 minutes

Chill: Overnight



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

1 tbsp. light whipped butter or light buttery spread
2 large sweet onions, chopped
1/2 tsp. salt
1/4 tsp. cayenne pepper
1 tsp. Dijon mustard
1 tsp. balsamic vinegar
1/2 cup fat-free sour cream
1/2 cup fat-free mayonnaise
1/4 cup plus 2 tbsp. fat-free cream cheese, room temperature

Directions

Melt butter in a large skillet over medium-high heat. Add onions, salt, and cayenne pepper. Stirring frequently, cook for 10 minutes.

Reduce heat to medium low. Stirring frequently, cook until caramelized, 25 to 30 minutes.

Stir mustard and vinegar into the onions in the skillet. Cook and stir for 5 minutes. Remove from heat.

In a large bowl, whisk sour cream, mayo, and cream cheese until smooth. Thoroughly stir in onion mixture.

Cover and refrigerate overnight to allow flavors to combine. Serve and enjoy!

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.