



Hot & Sweet Onion Dip

- 1 Sweet Onion, *roasted and chopped
- 2 cups mayo
- 2 cups *shredded cheese
- 1 cup sour cream or heavy cream (optional)
- ½ cup (optional) chopped spinach or, artichoke hearts

*Peel and slice one inch thick and place on an (oiled) heavy bottomed-oven proof pan. Brush with olive oil and top with salt, pepper and rosemary. Roast at 400 for 30 minutes or until golden brown. Large chop.

*Grated parmesan, mozzarella, some cheddars, , Monterey Jack, etc. The password is *meltable*.

Combine cheese, cream and mayo together then add the onions and stir together. Pour in an oven proof pan with a thin layer of spray oil.

Bake covered for 20 minutes at 350 and then uncovered for 5. Serve with your favorite chip, bread or toasted pita crisp. Easy to combine the day before for an easy Sunday.

For more go to www.sweetonionsource.com

