

Natural Health Center

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Blooming Onion

When you've been grocery shopping lately I bet you've seen those large displays of the ever looked forward to Vidalia sweet onions. I'm a big onion fan, but even if you're not, who can turn down a Blooming Onion? Granted, this one isn't battered from stem to stern, and also not deep fried (obviously with it being baked) but with some clever seasoning and a tasty dip, you'll be enjoying it more knowing the hundreds of calories and tons of fat that you've ditched for this healthier alternative. This is a great example of easy gluten free fun food. You can use regular bread crumbs for this, gluten free bread crumbs, or be even more nutritionally daring and use what we did; Amaranth Flakes cereal pulverized into a nice crumb! Whatever way you choose, you'll be happily munching on this tasty and healthy seasonal delight.



Serves 4 at 140 calories per serving with 2 tbsp sauce.

2 large sweet Vidalia onions
1 tbsp butter, melted
2 tsp Dijon mustard
3 tbsp dry bread crumbs *
1/4tsp salt
1/4tsp pepper

Sauce:

1/4 cup reduced fat sour cream
1/4 cup mayonnaise
1 1/2tsp roasted granulated onion
1/4tsp garlic powder
1/4tsp dried dill weed (*or fresh if you have it!*)

**We used Arrowhead Mills Amaranth Flake cereal in this recipe. **

- With a sharp knife, slice 1/2 in. off the top of the onions; peel outer skin off onions. Cut each into 16 wedges to within 1/2 in. of root end.

- Place each onion face down on a 1'x'1 section of unbleached parchment paper. Fold over and around onions and place stem side down so paper stays in place in an ungreased 11"x 7" baking dish. Bake uncovered at 425° for 20 minutes. Remove from oven and carefully open paper (**careful, hot steam!**). Open onion segments up.

- In a small bowl, combine melted butter and mustard. Brush butter mixture over onions evenly getting into all the nooks and crannies; sprinkle with bread crumbs, salt and pepper.

* A few times when we made this we took all the onion segments apart and laid them on the opened parchment paper so that we could easily brush the butter mixture on top, then sprinkled with topping and baked as usual.*

- Bake 18-22 minutes longer or until crisp-tender. Meanwhile, in a small bowl, combine sauce ingredients. Serve with onions.

For more recipes and tips on healthy cooking visit www.essentialgrain.com.