



SWEET ONION SPREAD

Ingredients:

2T Extra Virgin Olive Oil

2 Sweet Onions, sliced

4oz. Cream Cheese

1/2c Mayonnaise

1/2c Sour Cream

1 Clove Garlic

S/P, to taste

Cayenne Pepper, to taste

Instructions:

Saute onions 10-15 minutes or until tender. Add garlic and cool. Combine all ingredients in food processor and blend to smooth. Store in refrigerator up 2 weeks. Serve with crackers and raw vegetables.

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