



**BRAIN HEALTHY  
COOKING**

# Side Dish

## *Roasted Balsamic Onions*



### *Ingredients*

**3 Large White Onions,  
peeled and halved**  
**3 TBSP Olive Oil**  
**¼ CUP Balsamic Vinegar**  
**½ TSP Sugar**  
**Spice of Life (to taste)**  
**Ground Black Pepper (to  
taste)**

*Makes 4-6 Servings*

### *Directions*

1. Preheat oven to 350°F.
2. In a large bowl, toss the onion quarters with the olive oil, balsamic vinegar, sugar, and season with Spice of Life and pepper.
3. Place in a large ovenproof, nonstick skillet, spreading them out in an even layer. Cover with aluminum foil. Roast for 20 to 25 minutes.
4. Remove foil, toss the onions in the glaze and roast another 20 to 25 minutes. Serve warm.

