

Belgian Endive with Caramelized Onion & Figs

Author: My own concoction

Carolyn T's
Main Cookbook

Servings: 6



- 2 heads Belgian Endive**
- 3 tablespoons caramelized onions**
- 3 tablespoons fig jam, or quartered fresh figs**
- 2 ounces blue cheese, or soft goat cheese**
- 1 tablespoon Italian parsley, minced**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 44 Calories; 3g Fat (55.6% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 134mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Description: An appetizer made without bread or crackers, or chips. Not carb-free, but not wicked!

1. CARMELIZED ONION: If you can't buy the already-prepared, halve and thinly slice a whole onion. To a saute pan add some olive oil and cook the onions. Be careful they don't burn. You can add about a tablespoon of brown sugar if you'd like to. Cook them until most of the water has been rendered out of them and they've turned a deep, dark mahogany brown. Toward the end of cooking they can easily burn, so turn down the heat unless you can stand there to stir them frequently. Cool.
2. Cut off the root end of the Belgian Endive and separate them into leaves.
3. Using a small spoon, lay down a thin strip of caramelized onion lengthwise on the endive leaf.
4. Repeat, using fig jam. If using fresh figs, just put the fig off-center (so the cheese will fit).
5. Cut a thin strip of cheese and place on top of the filling (or next to the fresh fig).
6. Sprinkle tops with finely minced Italian parsley. Cover with plastic wrap and chill until ready to serve. These can be made several hours ahead.