

Baked Onions with Thyme

Succulent, addictive!

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6 large red onions, about 3.5 pounds
3 tablespoons extra virgin olive oil
10 sprigs fresh thyme
1 pinch sea salt
2/3 cup Chianti, or other dry red wine
1/4 cup water, and you may need more

Serving Ideas: You may want to double the batch so you'll have leftovers, as they are wonderful to throw into pasta, a salad, or just by themselves.

Per Serving (excluding unknown items): 101 Calories; 4g Fat (47.4% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.

If you use REALLY big onions, they will take longer to cook, but a small onion is too small. So medium-large is ideal. These onions are just mouth-watering, they're so good. It's a simple dish to make, and just requires you to be nearby. Be careful that the wine doesn't boil away completely, as then they will burn. Add water periodically if it does evaporate, and reduce the oven temperature a little bit. If you want to reduce the cooking time, cut the onions into wedges instead of halves, and they'll cook in about 90 minutes.

Servings: 12

Preparation Time: 10 minutes

Start to Finish Time: 2 hours

1. Preheat oven to 400°. (Do not use convection for this.) Remove both ends from the onions. Discard outer layers from the onions and cut each onion in half, crosswise.
2. Spray a 9 x 13 pan with olive oil spray and place onion halves, trimmed ends down into the pan. Drizzle with a little olive oil. Pour the wine over the onions, moistening each onion top some with the wine. Remove the leaves from the fresh thyme and sprinkle all over the onions. Season with the sea salt to taste and fresh cracked pepper.
3. Bake, uncovered, in the middle of the oven, basting with pan juices twice during the baking, for 40 minutes. Add water to the pan and bake until the onions are browned and tender, about another 50 minutes. Serve hot, or cool to room temperature to serve.

Yield: 12 pieces