

## Savory Baked Red Onion Garnish

Makes 4 servings
0.5 gram protein
0 fat
50 calories

### Ingredients

- ½ red onion, cut into rings
- ¼ cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 clove garlic, crushed and minced
- 1 bay leaf or pinch of bay leaf powder
- Pinch of dried basil and oregano (optional)
- Salt and black pepper to taste
- Small amount of water

### PHASE 3

#### MODIFICATIONS:

Brush with olive oil before baking or sauté with browned butter and spices. Top with fresh grated parmesan or Romano cheese. Try baked topped with a slice of provolone or mozzarella cheese.

### Directions

1. Put onion in a baking dish with apple cider vinegar, water, and spices.
2. Bake at 375 degrees for 10 minutes.
3. Serve hot over beef or chicken or chill and add to salads.
4. Can also be sautéed in a small frying pan, deglazing periodically.

**Phase 2 Variations:** Substitute a sprinkle of rosemary, tarragon or dill instead of other spices. Or sprinkle with poultry seasoning.



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