



Taste and Savor

1 Quick Recipe:

Vidalia Onion Dip

2 Cups Water
 ½ Cup White Vinegar
 ½ Cup Honey
 ¼ Tsp Sea Salt
 4 Cups Chopped Vidalia Onions
 ½ Cup Light Olive Oil or Avocado Oil
 Mayonnaise
 ½ Cup Nonfat Plain Greek Yogurt
 1 tsp Celery Seed
 1 Dash Hot Sauce
 ½ Tsp Worcestershire Sauce

FIRST, do this: In a saucepan over high heat; bring the water, honey and vinegar to a rolling boil. Put the onions in a large bowl and pour the vinegar mixture over them. Place in the refrigerator at least 8 hours or overnight.

LATER, do this: Drain the liquid from the onions and add the mayonnaise, yogurt, celery seed, hot sauce, Worces-

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



tershire. Serve with crudité's, crackers or chips.

Hawaii, Bermuda and France all grow sweet onions, too.

2 Kitchen Scoop

Did you know that sweet onions are grown all over the world? Here in Georgia they are called Vidalia onions, Texas claims "Texas Sweets", Washington state grows "Walla Walla Sweets" and

3 Clever Idea

In any dip calling for mayo or cream cheese you can substitute half nonfat Greek yogurt for the ingredient. The yogurt brings a little protein and less fat, and since it's so creamy, no one will catch your better-for-you secret.

4 Cheers!

MAN Chenin Blanc
South Africa

About \$15.00

Chenin Blanc hails from the Loire Valley in France, but grows deliciously in South Africa too! Man Vintners Chenin Blanc is crisp, clean and refreshing with enough body to stand up to the creamy pungent onion dip. A find for about \$15. Great with this zesty fresh-tasting dip. The name, MAN, comes from the first initials of three winemaker's wives!