Coffee Caramelized Onions

Prep: 10 minutes
Cook: 40 minutes • Serves: 12

- 1 tablespoon PICS grapeseed oil
- 2 large yellow onions, halved and thinly sliced
- ¼ cup instant espresso powder
- 3 tablespoons PICS pure maple syrup

1. In large skillet, heat oil over medium heat; add onions and cook 10 minutes or until onions begin to brown, stirring frequently. Reduce heat to low; add espresso powder and syrup. Cook 30 minutes or until onions are dark caramel colored and very tender, stirring occasionally. Makes about 3 cups.

Approximate nutritional values per serving (¼ cup):
55 Calories, 3g Fat (0g Saturated), 0mg Cholesterol,
4mg Sodium, 6g Carbohydrates, 0g Fiber, 4g Sugars, 0g Protein