

GUASTELLO'S VILLAGE MARKET

Marinated and Roasted Vidalia Onion Rings with Parmesan

Ingredients:

4 medium-sized Vidalia onions
2 tbl. balsamic vinegar
¼ tsp. Mrs. Dash Original Seasoning Blend
¼ tsp. dried thyme
¼ cup olive oil
1-2 tbl. freshly grated Parmesan cheese
salt and freshly ground black pepper

Peel onions, cut in to slices about 1/2 inch thick, and separate into rings. Put onion rings into a large Ziploc bag.

In a small bowl, stir together balsamic vinegar, Mrs. Dash Original Seasoning Blend, and dried thyme. Whisk in olive oil. Pour marinade into plastic bag and let onions marinate in the refrigerator 4 hours or longer, turning a few times if you're home.

Preheat oven to 400°. While oven preheats, drain onions in a colander placed in the sink. Spray non-stick baking sheet with olive oil or non-stick spray. Arrange onions on baking sheet, putting them in a single layer as much as you can.

Roast onions 30-40 minutes, turning about every 10 minutes. Onions are done when they are nicely browned, especially on the edges. Remove onions to serving dish, sprinkle with Parmesan cheese, season to taste with salt and fresh ground black pepper and serve hot. Just great with a grilled steak!

Credit: Kalyns Kitchen