

# 5 A Day Recipes

## White Recipes

### Baked Onions

#### Serves 4

This is an easy and fat-free way to enjoy the sweet taste of onions.

- 4 medium sweet onions
- 3/4 cup water
- 1/4 cup balsamic vinegar
- 2 teaspoons arrowroot or cornstarch
- 2 tablespoons water

Preheat oven to 350° F. Peel the onions. Place them side by side into a small casserole. Pour the water and balsamic vinegar over and around the onions, and bake for 2 hours. When softened, thicken remaining juices with arrowroot or cornstarch mixture. Serve onions with the sauce.

This is an official 5 a day recipe, and provides four people with two servings of vegetables each.

#### Nutritional Analysis per serving:

74 calories  
0 gram fat  
0 milligrams cholesterol  
3 grams fiber  
9 milligrams sodium  
2 "5 A Day" servings