

Vidalia Onion Dip

2 tablespoons olive oil

1/2 a Vidalia onion, diced

a drizzle of honey

1 clove garlic, minced

1 cup plain yogurt drained in a cheesecloth overnight

1 cup sour cream (or a mix of sour cream and cream cheese at room temp)

1 tbsp Worcester sauce

kosher salt and pepper to taste

Preheat a cast iron pan on medium heat and add the oil. Lower the heat and sauté the onions with a pinch of salt with the honey for 15 - 20 minutes until golden, add the garlic and sauté until fragrant, about a minute. Cool slightly. Add all ingredients into a bowl and mix well. Refrigerate for a couple of hours. If using cream cheese let it sit at room temperature for a while to soften the cheese after you remove it from the fridge. Feel free to mix up the amounts of yogurt, cream cheese and sour cream.