Candy Matthews

“HERB ROASTED ONIONS”

4 Red onions

4 yellow onions

1/4  cup fresh lemon juice

2 teas Sierra Nevada mustard

2 teas .minced garlic

1 T .minced thyme

1 1/2 teas kosher salt

1/2 teas ground lemon pepper

1/2 cup good olive oil

1 T minced parsley

Pre heat over  to 400 degrees

Peel and cut onions in wedges and place in large bowl. Combine lemon juice, mustard, garlic, thyme  and salt and pepper in a small bowl. Whisk in olive oil. Pour over onions and toss well.

With a slotted spoon put onions on a sheet pan. Save vinaigrette in the bowl. Bake onions for 30 to 45 mins. Until tender and browned. Toss once during cooking. Remove from oven and drizzle the remaining dressing over. Sprinkle with parsley. Season to taste and serve warm or at room temperature.