

## Caramelized Onion Garnish

Makes 4 servings
0.5 gram protein
0 fat
50 calories

### Ingredients

- ½ large onion, cut into fine rings
- 4 tablespoons lemon juice
- Vanilla Stevia to taste
- Small amount of water as needed
- Pinch of sea salt



### Directions

1. Preheat skillet.
2. Add small amount of water to bottom of pan and add lemon juice and Stevia.
3. Add onion rings and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce.
4. Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top.
5. Can be served chilled and added as a topping to salads.

