

# Walnut, Fennel and Onion Dip

Author: Adapted from a Cooking Light recipe



- 1 1/2 tablespoons olive oil
- 1 cup fennel, finely chopped
- 1 cup sweet onion, chopped
- 1/4 cup shallots, chopped
- 1/2 teaspoon salt
- 1 teaspoon fresh thyme
- 1/8 teaspoon red pepper flakes
- 3 whole cloves garlic, halved
- 1 cup water
- 1/3 cup walnuts, toasted
- 2 tablespoons lemon juice
- 1 tablespoon Italian parsley, chopped
- 1/4 cup light sour cream

Per Serving (excluding unknown items): 99 Calories; 8g Fat (64.5% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 191mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

*Description: Fennel mellows once it's cooked. This is just, plain delicious!*

*Notes: I added the sour cream to this, and also upped the amount of olive oil to cook the vegetables.*

1. Heat oil in a large nonstick skillet over medium-high heat. Add fennel and next 6 ingredients (through garlic) to pan; sauté 8 minutes or until vegetables are tender. Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 8 minutes. Uncover and simmer until liquid evaporates (about 4-5 minutes). Remove from heat; cool.
2. Place fennel mixture, walnuts, sour cream and juice in a food processor; pulse 10 times or until combined (mixture will not be smooth). Spoon into a medium bowl; sprinkle with parsley. Serve warm or chilled.