

Sour Cream Topping for Baked Potatoes



- 1 bunch green onions
- 2 tablespoons butter
- 2 cups sour cream
- 6 tablespoons butter, softened to room temp (very soft)
- Salt and freshly ground black pepper to taste
- 3 slices bacon, fried crisp, drained, crumbled [optional]
- 2/3 cup cheddar cheese, grated [optional]
- 1/2 teaspoon garlic powder, [optional]

Serving Ideas: Leftovers make a great dip for fresh veggies. Or stir it into an already cooked pasta dish (sour cream doesn't like to be boiled/simmered - it breaks down - so just add it at the end).

Per Serving (excluding unknown items): 278 Calories; 28g Fat (88.8% calories from fat); 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 245mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: This is just the topping only - you put it ON baked potatoes.

1. Cut off the root ends of the green onions. Trim the tops of any brown or wilted ends, leaving just the healthy green tops. Cut the bunch of onions in half (half green tops, half white/green stalks). Chop up the white part.
2. In a small saucepan melt the 2 T. butter and slowly saute the green onions for about 2-3 minutes over low heat. You do not want to brown the onions. Once cooked, remove from heat and allow to cool slightly.
3. In a bowl combine the sour cream and the ultra-soft butter. You can put the butter in the microwave to make it almost melted, but not melted. Combine the two and stir until the butter has mostly disappeared.
4. Chop up the green onion tops - almost mince them, but not quite. Add those to the sour cream mixture along with the sauteed green onions. Season with salt and pepper. You can also add garlic powder to this if you'd like. And bacon bits, cooked and crumbled. Or shredded cheddar cheese too. Cover and chill for a couple of hours if you have time (the flavors meld a bit better if you can do this ahead).