

# Butter- and Herb-Roasted Red Onions

Author: Adapted from a recipe in Bon Appetit, 2007

<http://www.epicurious.com/recipes/food/views/Butter-and-Herb-Roasted-Red-Onions-240750>



**6 medium red onions (about 7 ounces each) peeled, cut vertically into 8 wedges to within 1/2 inch of bottom**

**1/3 cup butter (1 stick)**

**4 teaspoons fresh rosemary, minced fine**

**1 tablespoon fresh Italian parsley, chopped**

**2 teaspoons fresh lemon juice**

*Per Serving (excluding unknown items): 152 Calories; 10g Fat (59.5% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 109mg Sodium.*

*Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 2 Fat.*

**Carolyn T's Tasting Spoons blog:**

<http://tastingspoons.com>

*Description: Beautiful looking (big and wide) but sweet and delicious.*

*Notes: Bon Appetit's test kitchen added notes: This simple recipe has endless variations. Here are three to try: After they come out of the oven, top the onions with a little crumbled blue cheese, sprinkle a mixture of crumbled cooked bacon and grated Parmesan on top, or whisk a little Dijon mustard and garlic into the herb butter before starting. The onions open up like a chrysanthemum once it's baked - the deeper you make the cuts in the onion, the more open and wide the onion will be.*

1. Position rack in center of oven; preheat to 400°F.
2. Place onions on rimmed baking sheet and line with foil. Open onion wedges to resemble flowers but do not break off base.
3. Melt butter in small saucepan over low heat. Whisk in rosemary, parsley, and lemon juice. Season herb butter with salt and pepper. Brush some butter over onions.
4. Roast onions until tender and beginning to char, brushing occasionally with more herb butter, about 1 hour. Serve warm.