

Roasted Italian Onions



Plan Z Phase: This is a Z3 (ZReboot) recipe.

These onions are easy to make and sooooo good! They taste so sweet and decadent. Using little Cipollini onions makes them authentic Italian– but you could use wedges of Vidalia onions too and have similar results. The Cipollini onions require an extra step to blanch them and peel. With Vidalia all you'll have to do is peel and slice into wedges.

Ingredients:

12 medium Cipollini onions (or Vidalia)

- 1 tsp of garlic powder (with no fillers) or to taste
- 1 tsp of Italian seasoning
- 4 Tbl of ghee (do not use regular butter or it will burn)
Find ghee near the shortening and oils in your grocery store. This is a shelf-stable version of clarified butter.
- Sea salt and pepper to taste

Instructions:

Preheat your oven to 400 degrees.

How to blanch Cipollini onions: Place the onions in a sauce pan and cover with water. Bring to a boil and cook for 3 minutes. Then drop them in an ice bath so they cool off quickly. You don't want to cook them. Then peel.

Take your onions and cut off the bottom so they lay flat or if you are using wedges, just put them in your pan. A 9 X 9" pan will hold them all.

Sprinkle with the garlic powder and the Italian seasoning.

Melt your ghee and then drizzle it over the onions.

Season with sea salt and pepper

Roast at 400 degrees for approximately 30 minutes. Check at 20 minutes to see how they are browning. The time needed depends on how big your onions are. You want them to have a pretty brown on the edges, and you want some of the ghee to still be in the bottom of the pan. Keep in mind that your onions will shrink a bit while they roast too.

Enjoy!

Cheers,