Caramelized Onion Vinaigrette

Ingredients:
- 1 tbsp grapeseed oil
- 1 large yellow onion, diced
- 1/4 cup balsamic vinegar
- 1 tsp Dijon mustard
- 2 tsp honey
- 1 tsp dried Italian seasoning
- 1/3 cup olive oil
- Salt and pepper to taste

Directions:
- Heat grapeseed oil in a sauté pan, preferably stainless steel, over medium high heat.
- Add onions and cook until onions are evenly browned, not black. Make sure you continue stirring, it should take about 10-15 minutes.
- Pour vinegar into pan to deglaze, stir well making sure to scrape the bottom of the pan. Remove from heat and set aside to cool.
- In a blender or food processor combine half the onions, mustard, honey, Italian seasoning and oil, mix well. Season with salt and pepper.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/8/2013.