

# Baked Onions with Gruyere

Servings : 10

Amount	Measure	Ingredient - Preparation Method
		vegetable oil cooking spray
5	medium	Vidalia onion
2	teaspoons	olive oil
		salt and pepper
1	cup	low-sodium beef broth
2	teaspoons	low sodium soy sauce
1	cup	Gruyere cheese - finely shredded
2	teaspoons	fresh sage - finely chopped

Preheat oven to 400. Spray a large, shallow baking dish with spray.

Cut about 1/4" off the tops and bottoms of onions so they can sit on a plate. Cut in half at the equator and peel. Arrange onion halves, cut side up, in the baking dish.

Brush the tops of onions with olive oil and sprinkle with salt and pepper. Bake for about 35 minutes.

In a glass measuring cup, mix together broth and soy sauce and pour this over the onions. Continue to bake for 1 hour longer, basting occasionally.

Sprinkle the cheese and sage evenly over onions. Bake for 5-7 minutes longer.

If using regular broth and soy sauce, omit salt.