



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Baked Honey Onion Rounds

Thick onion slices are baked with honey, mustard and a sage topping. These are wonderful with any entrée, but are especially delectable when served with chicken.

Preparation Time: 8 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 2 tbsp (25 mL) Dijon mustard
- 1 tbsp (15 mL) vegetable oil
- 1 tbsp (15 mL) Ontario Liquid Honey
- 1-½ tsp (7 mL) dried sage leaves, crumbled
- ½ tsp (2 mL) salt
- 4 medium Ontario Cooking Onions

Preparation:

In small bowl, combine mustard, oil, honey, sage and salt. Slice onions crosswise into 1/2-inch (1 cm) thick slices. Place in single layer in greased 13-x 9-inch (3 L) baking dish. Brush generously with mustard mixture. Cover with foil and bake in 425°F (220°C) oven for 15 minutes. Uncover and bake for 10 to 15 minutes longer or until tender.

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