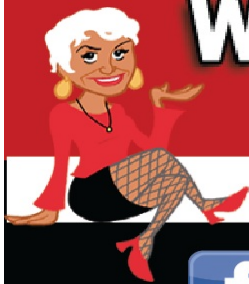


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CARMELIZED PEARL ONIONS

Final Lifestyle

Ingredients

- 1 TBS stick margarine or low-fat butter
- 1 TBS Splenda
- 1 (16-ounce) package frozen pearl onions, thawed
- 1-2/3 cups coarsely chopped red bell pepper
- 1 TSP chopped fresh or 1/4 TSP dried rosemary
- 1/2 TSP Morton's Lite salt
- 1/4 TSP black pepper

Instructions

1. Melt margarine in a nonstick skillet over medium-high heat. Add sugar and onions. Sauté 8 minutes or until golden brown; stir frequently
2. Stir in bell pepper and remaining ingredients. Sauté 2 minutes.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1/2 cup = 1 V