



Baked or Grilled Onion

Ingredients

4 medium yellow onions

Butter spray, such as Molly McButter

1/2 tsp. garlic salt

Nutrition Facts (per serving)

Calories	48
Fat (g)	0
Saturated Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	108
Carbohydrate (g)	11
Fiber (g)	1.5
Protein (g)	1
Calcium (mg)	24

Preparation

Wash onions and remove the ends. Spray each onion with butter spray. Sprinkle each onion with garlic salt to taste. Other seasonings to taste can be used. Grill or bake the onions until tender.

Serves: 4

Serving Size: 1 Onion

