

Baked Potato with Caramelized Onion Sauce

Comfort food extraordinaire is in the works tonight. These tender, flakey baked potatoes are adorned with the umami flavors of a creamy caramelized onion sauce and smoky tempeh pieces. Buttered/lemon broccoli and an avocado/citrus fruit salad finish the plate.

Preparation time: 50 minutes - Serves: : 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add.

Baked Potato and Caramelized Onion Topping

Baked Potatoes:

2 medium-sized russet baking potatoes (scrubbed)
2 tsp. olive oil

Caramelized Onion Topping:

2 T. olive oil
3 C. yellow onion (thin-sliced and chopped)
1/4 tsp. baking soda

1 bay leaf
1/2 C. white wine
1/2 tsp. salt
3/4 C. plain, nonfat yogurt (stirred smooth)

Garnish:

2 strips smoky tempeh (browned and chopped)

Avocado/Grapefruit Salad

1 grapefruit (peeled, sectioned and sections chopped)
1 avocado (coarsely chopped)
2 tsp. good olive oil
1 T. fresh lime juice
2 T. low-sodium vegetable broth

Steamed Carrots and Broccoli

1 C. carrots (scrubbed and sliced diagonally)
2 C. raw broccoli (cut into 1-1/2" pieces)
2 T. lemon juice
1/4 C. low-sodium vegetable broth
2 tsp. butter

First Thing!
Preheat the oven to 375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The caramelized onions will hold once they're browned. Wait to stir yogurt into the onions until closer to serving time. Make the salad and steam the broccoli as the final items. This will keep the avocado in the salad green and allow the vegetables to be served hot.

Baked Potatoes

Cut a 1" X 1/4" wedge in the top of each potato and rub with olive oil. Place on an oiled cookie sheet and bake for 45 minutes.

Prepare the rest of the meal while they bake.

Caramelized Onions

1. Heat olive oil in a large sauté pan over medium-high heat until it begins to shimmer.
2. Add onions. Sprinkle onions with baking soda.
3. Toss onions until they get soft and start to brown.
4. Add the bay leaf and continue cooking until onion is well browned. It will take 20 minutes or so to brown them. You do not need to hover over the pan, just toss occasionally.
5. Add wine. Continue cooking over medium-high heat until wine cooks away. Remove from stovetop and salt.
6. When it gets close to serving time, stir in nonfat yogurt.

Avocado/Grapefruit Salad

Place chopped grapefruit and avocado in a medium-sized bowl and toss with olive oil, lime juice and vegetable broth. Set aside.

Carrots and Broccoli/Plate Meal

1. Steam carrots 2-minutes once water comes to a full boil. Set a timer. When timer sounds, add broccoli. Toss together and steam another 3-4 minutes.
2. When carrots and broccoli are tender, remove from heat. Empty water from the bottom of the steamer pan and measure in lemon juice, broth and butter. Just before serving, bring lemon juice mixture to a boil and toss carrots and broccoli until well coated. Serve.
3. Serve Potatoes sprinkled with chopped tempeh. Place onion sauce in a ramekin alongside each potato. Flank potatoes with salad, carrots and broccoli.

What I've Learned from this Recipe

Adding a little baking soda increases the Ph factor of the onions and allows them to brown faster.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com