

Rosemary French Onion Soup

2 cups halved and thinly sliced yellow onions (2 large)
1 Tbsp all-purpose flour
1 Tbsp plus 1 tsp snipped fresh rosemary
1 tsp ground black pepper
1 tsp kosher salt
1/4 cup butter, softened
4 cups low-sodium beef broth
1 Tbsp balsamic vinegar
8 slices white sandwich bread
1 cup shredded Swiss cheese (4 oz)

1. Place onions, flour, 1 Tbsp of the rosemary, pepper and salt in a resealable plastic bag; shake to coat.
2. In a large saucepan melt 2 Tbsp of the butter over medium-low heat. Stir in onion mixture. Cover and cook 15 minutes, stirring occasionally.
3. Meanwhile, for grilled cheese sticks, spread bread slices with remaining 2 Tbsp butter. Sprinkle cheese on the unbuttered sides of 4 slices. Top with remaining bread slices, buttered sides up. Heat a grill pan over medium heat. Add sandwiches' sprinkle each with 1/2 tsp of the remaining rosemary. Grill 2 to 3 minutes each side or until golden brown. Cut sandwiches into thirds; serve with soup. Makes 4 servings.

Each serving – 279 calories, 17 g fat, 186 mg chol, 675 mg sodium, 21 g carb, 2 g fiber, 12 g protein.