

Sweet & Sour Onions

3 Ontario red onions

2 tbsp Canola Oil

2 tbsp whole grain mustard

2 tbsp Ontario honey

2 tbsp red wine vinegar

Combine & brush sauce over onions placed in a non-stick baking pan.

Cover and bake for 20 min at 425°F, then uncover for 15-20 min till onions are soft and caramelized.