Roasted Red Onion

Ingredients:

- Red Onions, any size

Directions:

1. Preheat oven to 400°F
2. Cut red onions into even sized pieces (we cut into 1-inch pieces or sometime into rings).
3. Spray with olive oil
4. Place on baking sheet lined with parchment paper.

Bake 20-30 minutes or until onion is soft, translucent and caramelize.