

French Onion Dip

High in protein and low in calories, this versatile dip is great with a wide variety of snacks and appetizers.

Place tofu in boiling water to cover. Turn off heat, cover, and let sit a few minutes. Remove tofu and cool briefly in cold water. Crumble tofu into a blender along with all remaining ingredients except the onion. Blend until smooth. (It may be necessary to stop the blender and scrape down the sides with a spatula. If mixture is too thick, add a little water or plain soymilk.) Stir in onion. Refrigerate dip for two hours to allow flavors to heighten. Serve as a dip for chips or raw vegetables, or as a spread on crackers or rice cakes.

Preparation List:

Makes 1½ cups

- 8 ounces fresh tofu
- 3 level tablespoons white miso
- 2 tablespoons brown rice vinegar
- 2 tablespoons sesame oil
- 1-2 cloves garlic, sliced
- 1 tablespoon rice malt syrup
- 3 tablespoons minced fresh onion, or 2 tablespoons dried