



TIME REQUIRED:
35–40 minutes

SERVING:
About 10-12 (makes about
24 crostini slices)

INGREDIENTS:

- 3 large yellow onions, thinly sliced
- 3–4 tbsp water or low-sodium vegetable broth (for sautéing)
- 2 cloves garlic, minced
- 1½ tsp finely chopped fresh rosemary (or ½ tsp dried)
- ¼ tsp sea salt
- ¼ tsp black pepper
- Optional: ½ tsp balsamic vinegar for depth

STEPS

- Warm a large skillet over medium-low heat. Add 2 tbsp water or broth and the onions. Stir occasionally, letting them slowly soften and release their natural sugars — about 15 minutes.
- When the liquid evaporates, add a splash more water or broth as needed, stirring often so they don't stick or burn.
- After 20–25 minutes, add minced garlic and rosemary. Continue cooking another 10–15 minutes until the onions are deep golden brown and jammy.
- Season with salt, pepper, and (if using) balsamic vinegar. Stir well and remove from heat.
- Spoon a small mound of caramelized onions onto each roasted sweet potato crostini.



**ROASTED SWEET POTATO “CROSTINI”
WITH ROSEMARY & GARLIC CARMELIZED ONIONS**