



Makes 1 cup
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 cups finely chopped red onion
½ cup pomegranate juice
¼ cup balsamic vinegar
2 teaspoons pure maple syrup
1 sprig fresh thyme
Pinch sea salt
¼ cup pomegranate arils

Red Onion Confit

This jammy, savory-sweet **red onion** confit will be in high demand at your next dinner party. Simmering the onions in pomegranate juice, balsamic vinegar, and maple syrup ensures they get perfectly tender and infused with a touch of fruity goodness. Fresh thyme adds a savory herbal component to complement the tang of the onions while fresh **pomegranate seeds** create an eye-catching garnish. Serve the confit on sliced pears, mini toasts or naan bread, or whole grain crackers. You could also spoon it into dates for a tapas-style appetizer that will leave your dinner guests begging for the recipe!

For more vegan party dips and spreads, check out these tasty ideas:

- [Porcini-Lentil Vegan Pâté](#)
- [Moutabal \(Eggplant Dip\)](#)
- [Cranberry-Kumquat Chutney](#)
- [Chipotle Black Bean Dip](#)

By Ellen Boeke

- 1** In a medium saucepan combine all ingredients. Bring to boiling over medium-high, stirring occasionally; reduce heat. Simmer, uncovered, about 20 minutes or until liquid is nearly reduced and slightly syrupy, stirring occasionally. Remove and discard thyme. Use as a condiment or appetizer.