

## Perfect Liver and Onions

1 tablespoon vegetable oil  
4 medium yellow onions -- peeled and sliced  
1/2 teaspoon salt  
1 1/2 pounds beef liver  
1/4 teaspoon black pepper  
1 package frozen mashed potatoes

In heavy skillet heat oil over medium high heat. Add onions and salt and toss in pan to coat with oil. Reduce heat to moderate and cook five minutes, stirring often, until onions are golden. Push onion to one side of pan. Sprinkle liver on both sides with pepper and add to skillet. Cook three minutes, turn and cook 3 minutes longer. Sprinkle with salt and server with onions