

Quick Pickled Red Onions



These make a zippy addition to just about any dish and are a wonderful homemade condiment to have on hand in the fridge.

YIELD 16 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

½ each	Red Onion, sliced thinly (julienne)
1 Tbsp	Sugar
½ tsp	Kosher Salt
¼ cup	Apple Cider Vinegar
¼ cup	Water

CHEF'S NOTES

Quick pickling allows you to create crunchy vegetables with a bright, acidic flavor that doesn't involve any heat and like the name suggest, they are ready in almost no time! You can add other flavorings if you like such as crushed garlic cloves or crushed red pepper flakes.

These bright pink pickles will keep in the fridge for at least 14 days. They make a great topping for sandwiches, tacos, salads, and Heather's favorite: avocado toast with an over easy egg and everything bagel seasoning. Yum!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the sliced onions to an 8 oz. mason jar or 1 cup container with a tight-fitting lid.
3. Add the sugar and salt and then pour in the vinegar and water. You may need to add a little more vinegar or water, the liquid should completely cover the onions.
4. Secure the lid and shake vigorously for a few seconds to dissolve the salt and sugar.
5. Refrigerate for at least 30 minutes before using.

Nutrition Facts

16 servings per container

Serving size 1 Tbsp (12g)

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars <1g

Includes <1g Added Sugars 2%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 10mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

