



Pickled Red Onions

These pickled onions can be made up to 2 weeks ahead of time. Feel free to try out different vinegars or flavoring ingredients! Store in an air tight container in the refrigerator.

U.S.

1 medium	Red Onion, thinly sliced
1 cup	Water
1/2 cup	Apple Cider Vinegar
1 Tbsp	Granulated Sugar
1 tsp	Kosher Salt

Metric

1 medium
235 mL
120 mL
12.5g
5.5g

Optional Favorings, mix and match as desired:

5-6 each	Black Peppercorns, whole	5-6 each
1-2 cloves	Garlic, peeled, smashed	1-2 cloves
1/4 tsp	Red Pepper Flakes	0.25g
1/4 tsp	Mustard Seeds, whole	0.75g
1/4 tsp	Fennel Seeds, whole	0.75g
1 sprig	Rosemary or Thyme, fresh	1 sprig

Preparation:

1. Gather all ingredients and equipment.
2. Slice onions as thinly as possible. Place into a small, heat-safe bowl or pack into a glass canning jar.
3. Combine water, apple cider vinegar, sugar, salt, and flavoring ingredients of choice in a small sauce pot over medium-high heat. Bring to a boil.
4. Stir pickling liquid to ensure the sugar and salt are dissolved and turn off the heat.
5. If desired, strain the liquid. You can also choose to keep your flavoring items in with the pickles. Pour the liquid over the onions and ensure the onions are fully submerged.
6. Allow onions to sit at room temperature for a maximum of 1 hour, then cover and transfer to the refrigerator. If you need to use the pickles right away, place in the fridge immediately, uncovered, until cool. Cover once cooled.

Nutrition Facts

16 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **0**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 120 mg

Total Carbohydrate 0 g

 Dietary Fiber 0 g

 Total Sugars 1 g

 Includes <1g Added Sugars

Protein 0 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 0 mg

Phosphorus 0 mg
