Pickled Red Onions

PREP TIME: 10 MINS | YIELD: 10 servings | COOK TIME: 5 MINS

Ingredients

- 1 red onion, thinly sliced
- 1 cup apple cider vinegar or red wine vinegar
- 1 cup water
- 1 Tbsp granulated sugar
- 1 tsp salt
- 1 tsp whole black peppercorns
- ⅛ tsp red pepper flakes
- 2 garlic cloves, whole

Directions

1. Place red onion, peppercorns, red pepper flakes, and garlic cloves in a 16 oz jar or container.
2. In a small sauce pot, bring vinegar, water, sugar, and salt to a boil.
3. Carefully pour vinegar mixture over onions.
4. Add more water if necessary to cover onions fully and place a lid on the container.
5. Shake gently to mix all ingredients.
6. Refrigerate until ready to use. (Pickled onions last about 2 weeks in the fridge.)

Enjoy on your favorite tacos, salads, or sandwiches!

RIAND
Rhode Island Academy of Nutrition & Dietetics