

Pickled Red Onions

Prep Time: 10 minutes

Cook: 5 minutes

Additional: 1 hr

Servings: 8

Yield: 1 pint jar

Total: 1 hr 15 minutes



Nutrition facts

Per Serving: 15 calories; protein 0.4g; carbohydrates 3.5g; sodium 226.4 mg.

Ingredients

- 3 cups water
- 2 red onions, thinly sliced into half-moons
- $\frac{3}{4}$ cup white wine vinegar
- 1 tsp sea salt
- 1 tsp white sugar
- 5 black peppercorns

Directions

1. Bring water to a boil in a saucepan.
2. Stuff onions into pint sized mason jar. Pour some of the boiling water over the onions. Let rest for 10 seconds. Pour out water through a mesh strainer, keeping onions in jar. Repeat twice more to cook onions slightly.
3. Measure vinegar into a bowl. Stir in salt and sugar until dissolved. Add peppercorns. Pour vinegar solution over onions. Seal and shake well.
4. Refrigerate for at least 1 hour before serving.