Quick-Pickled Onions

Prep: 5 minutes | Chill: 1 hour | Total: 1 hour 5 minutes

Yield: 4 servings | Serving Size: ¼ cup

Ingredients

3 tablespoons vinegar (any flavor; e.g. white vinegar, red wine vinegar, apple cider vinegar)

1 tablespoon extra-virgin olive oil

1½ teaspoons sugar or honey

¼ teaspoon salt

¼ teaspoon ground black pepper

½ medium onion, thinly sliced (about 1 cup)

Directions

1. In a small to medium mixing bowl, whisk together the vinegar, oil, sugar or honey, salt, and black pepper.
2. Add the onion and toss to coat.
3. Let sit at room temperature for 1 hour or in the refrigerator for at least 4 hours.
4. Serve as desired. Quick-pickled onions will keep in the refrigerator for up to 4 days.

Recipe Notes

- For best flavor, slice the onion vertically along the grain (long stripes going towards the root).
- Pickled onions are a great topping for tacos, salads, burgers, and barbecue-flavored sandwiches.
- For an even quicker pickle, double the brine (everything except the

Nutrition Facts Per Serving: Calories: 45 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 0 g

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