



Quick-Pickled Red Onions

Ingredients:

- 1 cup red onion, peeled, quartered & sliced thin
- ¾ cup apple cider vinegar
- ¼ cup water (+ boiling water from kettle)
- 1 tsp Splenda or Stevia
- 1 tsp salt
- 2 garlic cloves, sliced in half
- 8 peppercorns
- a few sprigs of fresh thyme

Directions:

1. Bring a kettle of water to boil
2. Place sliced onions in a colander and hold over sink. Carefully pour boiling water over the onions to soften them, allowing the water to simply drain through. Set aside.
3. Stir together the vinegar, water, Splenda, and salt in a clean pint size mason jar or other container.
4. Layer in the warm onions, garlic, thyme sprigs and peppercorns, making sure everything is submerged in the vinegar mixture.
5. The jar will be quite full. If you have leftover onions that don't fit, simply use them for another purpose.
6. Place lid and refrigerate for at least 30 minutes before using.
7. Leftover pickled onions will store for 10 days or so in fridge.

Servings: makes 1 serving.

Each serving = 1 cup select vegetables.

****NOTES:** A salty, mildly sweet, sour and tangy quick-pickled red onion recipe that takes 10 minutes to assemble and plays nice with everything. Simple, delicious and utterly additive.

Ways to use pickled onions – on tacos, salads, deviled eggs, steak, seafood, cauliflower crust pizza, burgers, Diet Right chili, chicken or tuna salad, Asian noodle bowl, Diet Right mashed potatoes.

716-320-1515
DietMentor.com
info@dietmentor.com