

# Quick Pickled Onions

Time: 5 minutes; Servings: 4

## Ingredients

- 3/4 of medium onion, sliced thinly
  - 1/2 cup white vinegar (or apple cider vinegar, or rice vinegar)
  - 1 teaspoon salt
  - 1 tablespoon sugar
- Optional: peppercorns, chili flakes, dried dill or thyme

**Nutrition Tip:** A great condiment if you want extra crunch and a sweet & sour bite! Top on soups, sandwiches, salads.



## Directions

1. Slice the onion as thinly as possible, about 1/8 inch, using a sharp knife. Set aside.
2. Pour vinegar, salt and sugar into microwave- safe container and heat in microwave for 1 minute, or until sugar and salt are completely dissolved.
3. Add onion slices and brine into glass container or jar, pushing the onion down to be submerged below the brine. Let cool to room temperature. Ready to eat!

Will last up to 2 weeks in the refrigerator in air- tight jar or container – be sure to check for signs of spoilage.

*Check out the Bears in the Kitchen recipe video (~22 mins into the video) at [uhs.berkeley.edu/nutritionvideos](https://uhs.berkeley.edu/nutritionvideos)*

*For more recipe ideas, visit [uhs.berkeley.edu/recipes](https://uhs.berkeley.edu/recipes)*