

Pickled Onions



Serves 12

INGREDIENTS

2 cups (480 milliliters) sauté sliced onion (red onion is best)

1 cup (240 milliliters) white vinegar

3 tablespoons (45 milliliters) white sugar or 2½ tablespoons (37.5 milliliters) honey

1½ teaspoons (7.5 milliliters) salt

INSTRUCTIONS

1. In a pint or 500-milliliter canning jar, pack full of sliced onion.
2. In a small saucepan, heat vinegar, sugar or honey, and salt, stirring to dissolve. Once the mixture is bubbling and all salt and sugar have dissolved, carefully pour the brine over the onions in the jar.
3. Cover the jar loosely with a lid. (You will tighten it when cooled.) Allow to cool.

NOTES

- Red onions yield bright pink pickled onions, which are a perfect topping to Latin, Indian, Vietnamese, and other style dishes that incorporate pickles. The tang and color add brightness to any dish.
- Use the same brine with other vegetable ingredients to make an array of pickles.
- While the recipe contains sugar and salt, most of these remain in the brine and aren't eaten. These items are important to the texture and preservation of the condiment. However, they still may not be appropriate for someone eating a low-sodium diet.
- Keeps in the refrigerator for 2 weeks.

Nutritional Info (per 2 tablespoon serving without the brine): Calories 18, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 98 mg, Total Carbohydrate 3.5 g, Dietary Fiber 0.5 g, Sugars 2.2 g, Protein 0.3 g.

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.