

Recipe for: QUICK PICKLED RED ONION

Recipe credit: gimmesomeoven.com

Serves 10-20 students a sample size portion

INGREDIENTS

- 1 large red onion, peeled and very thinly sliced
- 3/4 cup apple cider vinegar
- 1 teaspoon fine sea salt
- 1-2 tablespoons sweetener (such as maple syrup, honey, sugar, etc.)

DIRECTIONS

1. In a small saucepan, stir together the vinegar, salt and your desired amount of sweetener. Cook over medium-high heat until the mixture reaches a simmer.
 2. Place the thinly-sliced onions in a small bowl or pint-sized mason jar.
 3. Pour the hot vinegar mixture over the onions. Stir until combined. (Or if using a mason jar, place the lid on top and give the jar a quick shake.)
 4. Let the onions marinate for 30 minutes. Serve immediately or refrigerate in a sealed container for up to 2 weeks.
- *Microwave option: Heat vinegar mixture in microwave until it reaches a simmer. Then add it to the onions, as directed.*



— SCHOOLYARD GARDENS —