



# Pickled Onions



prep time  
5 minutes



total time  
50 minutes



servings  
10+

## Ingredients

- 1 large glass mason jar with lid
- 2 red onions, peeled and sliced into rings ~ 4 veggie servings
- 2 cups water to boil
- enough apple cider vinegar to cover them in a jar (about 1 cup)
- 1 tsp sea salt
- 1-2 tsp honey ~ ½ carb serving

## Instructions

- 1 Bring the water to a rolling boil and pour over sliced onions in a colander to blanch them.
- 2 Add onions to your mason jar, along with the honey and sea salt.
- 3 Pour in enough vinegar to cover them completely when pushed down into the jar (really press them together).
- 4 Close the lid tightly, shake it well, and let sit at room temp for 45 minutes.
- 5 Eat right then and/or store remaining onions in the jar in the fridge.



### Whole Recipe Breakdown:

0 Servings Protein  
0.5 Servings Carb  
0 Servings Fat  
4 Servings Veggies