

Pickled Red Onion

Prep time:

10 minutes

Cooking time:

10 minutes

Ingredients:

1 large red onion

1 cup white vinegar

1½ cups water

2 teaspoons kosher salt

2 teaspoons coconut sugar

Directions:

Peel the onion and slice it into thin, 1/8-inch slices or cut in half and julienne. Separate the slices and place them in jar large enough to accommodate all of them (a 1-quart jar should work).

In a small saucepan, combine the vinegar, water, sugar and salt.

Bring to a boil over high heat, stirring until the sugar and salt dissolves.

Turn the heat off. Pour the liquid over the onions. With a wooden spoon, press down on the onions to make sure they are well-covered. Close the lid and allow to sit at room temperature 3 hours before serving.