

# #LetsCook30

## PICKLED RED ONIONS

These quick pickled red onions take minutes to put together, but add a punch to so many dishes. Try them with the butternut squash tacos or added to curries or sandwiches. Pickling takes away the strong taste of raw onion.

**Servings:** varies

**Ready in about:** 1 hour

1/4 cup	white, red or apple cider vinegar
1/4 cup	cold water
1 ½ tbsp	sugar
1 tbsp	Kosher salt (or 1 ½ tsp regular salt)
1 large or 2-3 small	red onions

### INSTRUCTIONS:

1. Mix vinegar, water, salt and sugar together in a jar with a lid.
2. Slice onion in half and then slice onions into half-rounds.
3. Add the onions to the liquid.
4. Refrigerate for at least 1 hour or overnight.

Adapted from: <https://smittenkitchen.com/2018/03/sweet-potato-tacos/>. Accessed 2018.

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/letscook30](http://york.ca/letscook30)



# #LetsCook30

## LIME INFUSED PICKLED RED ONIONS

A fresh taste of summer in every bite! If you like pickled onions, try this lime-infused variety for a tangy citrus zip!

**Servings:** varies

**Ready in about:** 1 hour

1	zest of lime
1	juice of lime
1 tsp	sugar
1 tsp	Kosher salt (or ½ tsp of regular salt)
1 – 2	small red onions

### INSTRUCTIONS:

1. Zest and juice the lime.
2. Add sugar and salt to lime juice in a jar with lid.
3. Slice onions.
4. Add onions to lime liquid and mix well.
5. Refrigerate for at least an hour or overnight.

Source: <https://www.bonappetit.com/story/never-fail-lime-pickled-onions>. Accessed: 2018

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/letscook30](http://york.ca/letscook30)

