

# Salt and Serenity

## Pickled Red Onions

¼ cup red wine vinegar

¼ cup water

1 Tablespoon Kosher salt

1 teaspoon sugar

½ medium red onion, thinly sliced

1. In a medium sized mixing bowl, combine vinegar, water, salt and sugar. Stir in sliced onions. Set aside for at least 45 minutes.
2. Drain onions and discard liquid. Pickled onions will keep in an airtight container, in the fridge, for at least a week.