



The Kitchen at Second Harvest
Quick Pickled Onions
try at home recipe
Recipe modified from Food Smarts

flip to learn more!



Ingredients

- 1 medium red onion
- 1/4 cup apple cider vinegar
- 1/4 teaspoon sea salt

Yield: 1.5 cups

Serving Size: 1/4 cups

Directions

1. Cut onion in half. Finely slice into half moons.
2. Add onions, vinegar, and salt to medium mixing bowl.
3. Mix well. Mix every five minutes for about 20 minutes, or until ready to eat.
4. Store in refrigerator. Use within three days.

Find more recipes, free classes,
and ways to get involved!



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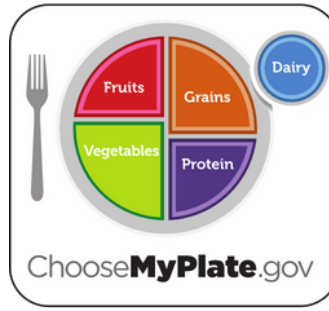


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- This recipe is the perfect crisp, tangy topping to add to your tacos, burgers, salads, and more.

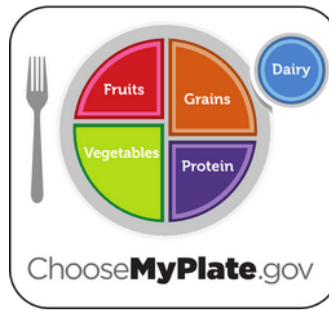
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	1/4 Cup
Amount Per Serving	5
Calories	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes < 1g Added Sugars	2%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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