

Pickled Red Onions

Publix Grape Magazine - Summer 2012

Preparation Time: 15 minutes

Chill: 3 hours

1 cup red onion, cut into thin wedges

1 cup rice vinegar

1 cup cold water

2 teaspoons cumin seeds

2 cloves garlic, halved

In a saucepan, cook the onion in a small amount of boiling, lightly salted water for 45 seconds. Drain.

In a bowl, combine the onion, vinegar, the water, cumin seeds and garlic.

Cover and chill for 3 to 24 hours.

Drain before serving.

Yield: 8 Two Tablespoon Servings

Per Serving (excluding unknown items): 118 Calories; 1g Fat (7.0% calories from fat); 3g Protein; 32g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fat; 1 Other Carbohydrates.