



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

QUICK-PICKLED RED ONIONS

Recipe by Natural Gourmet Institute

YIELD: 3 CUPS

Ingredients:

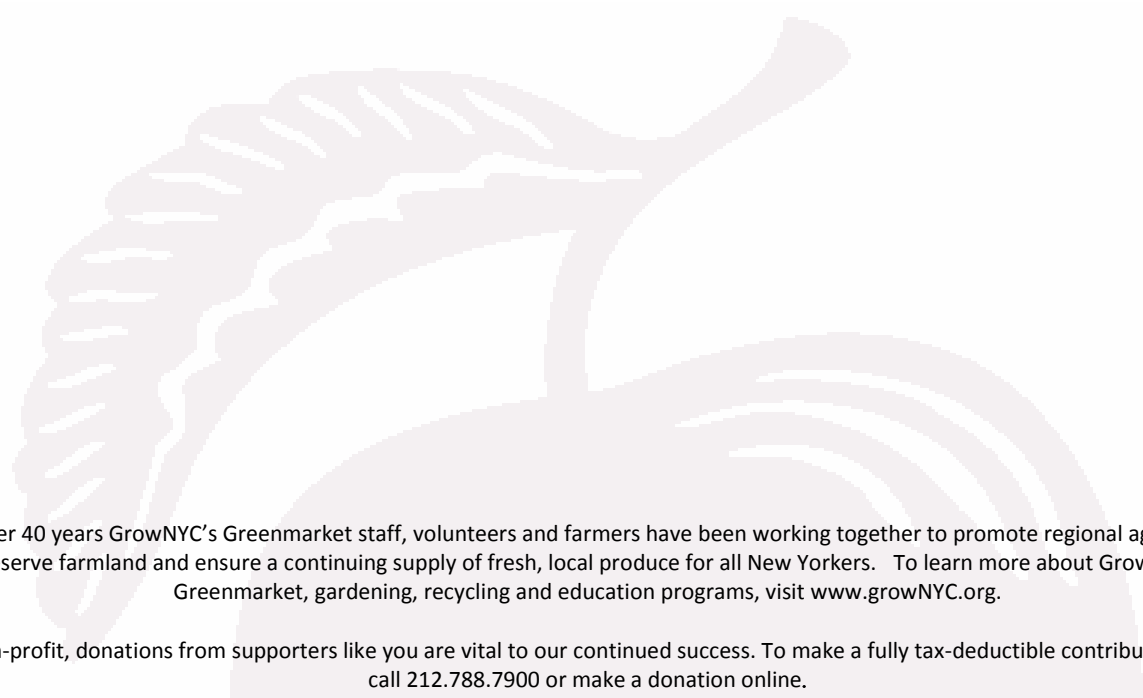
- 3 medium red onions, halved, peeled, thinly sliced*
- 2 cups brown rice vinegar
- ½ cup honey*
- 1 ½ teaspoons sea salt

Procedure:

1. Combine all ingredients in a pot and bring to a boil. Reduce heat to low and simmer until onions are tender and bright pink, about 10 minutes.
2. Remove from heat and let cool completely. Enjoy immediately, or transfer to an airtight jar and store in the refrigerator for up to 2 weeks.

Note: You can use this method to quick-pickle other vegetables as well. We recommend beets, carrots or cucumbers. Beet and carrots, however, should be simmered for 15-20 minutes, or until tender.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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