

# Vinegary Red Onions

*From a Phillis Carey cooking class, 2007*



1 whole red onion, peeled, thinly sliced

3/4 cup rice wine vinegar

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

1. Place onions in a medium skillet. Add vinegar and bring to a boil over high heat, stirring occasionally, about 2-3 minutes.
2. Remove from heat and let stand until cool, stirring often. Add salt to taste. Serve immediately, or cover and refrigerate up to 3 days.
3. Serve with a slotted spoon. Note: obviously these keep far longer than 3 days. It's been 2 weeks and counting.

---

Per Serving (excluding unknown items): 14 Calories; trace Fat (2.1% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.