



Red Pickled Onions

Favorite Healthy Choice Recipe of the Detroit Red Wings

INGREDIENTS:

- 1 red onion
- ¾ cup apple cider vinegar
- ½ cup water
- 1 teaspoon sea salt
- 2 teaspoons maple syrup
- 1 teaspoon black peppercorns



DIRECTIONS:

1. Slice the red onion in half-moon shapes and place compactly in a pint jar.
2. Mix the rest of the ingredients in a bowl and pour over the onions. The flavor will deepen with time.
3. Store in the refrigerator for up to one month.

Add to just about anything. Our players love to top our power bowls and salads with pickled onions.

This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.

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