

## Sweet and Spicy Pickled Onions

Adapted by Our Young Chefs from  
"America's Test Kitchen Healthy Family Cookbook"

Makes 3 to 4 cups

*These sweet, tart and spicy onions are the perfect accompaniment to Steak Tacos or most any grilled meat or poultry. To make this dish less spicy, remove the chili seeds or use fewer chilies. The pickled onions can be refrigerated in an airtight container for 1 to 2 weeks.*



### INGREDIENTS

2 large red onions, halved, peeled,  $\frac{1}{4}$ -inch slices

*Comparison of onion sliced crosswise (left) vs. lengthwise (right)*



### DIRECTIONS

**Prepare the onions:** Cut each unpeeled onion in half lengthwise (from root to stem end); peel each half. Place each onion half on a cutting board, flat side down; slice *crosswise* into  $\frac{1}{4}$ -inch slices. Place the onion slices in a medium-size bowl; set aside.

1 to 4 jalapeño chili peppers, stem removed, cut crosswise into  $\frac{1}{4}$ -inch thick (or thinner) rings

**Jalapeño(s):** Cut the stem end from each jalapeño; with the tip of a paring knife, remove the seeds and ribs from the inside of the jalapeño if desiring the pickled onions to be less spicy hot. Slice each jalapeño crosswise in  $\frac{1}{4}$ -inch (or thinner) rings; Add to the bowl with the onion slices; set the bowl on the counter next to the stove for cooking later.

2 cups red wine vinegar  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt

**Prepare the pickling mixture:** In a 3- or 4-quart saucepan, combine the vinegar, sugar and salt; bring to a boil over medium-high heat, stirring occasionally until the sugar dissolves.

Sliced red onions and jalapeños  
*(prepared earlier)*

**Pickle the onions and peppers:** When the vinegar mixture comes to a boil, add the sliced onions and jalapeños; stir and allow to heat over medium-high heat for 2 minutes (the mixture does not need to be boiling). After 2 minutes, *remove from the heat, place the lid on the pan*; allow the onion/jalapeño mixture to cool to room temperature, 30 minutes to an hour.

**Finish and serve:** Once cool, drain the onions and jalapeños; discard the pickling liquid. Serve immediately *OR* refrigerate in an airtight container until ready to use