**Pickled Red Onions**

Ingredients:

* 1 red onion
* 1 cup water
* ½ cup apple cider vinegar
* 1 tablespoon sea salt
* 1 tablespoon sugar
* ½ teaspoon cayenne

Instructions:

1. Slice red onion thinly and place in a mason jar.
2. Heat water until warm, combine remaining ingredients in a bowl.
3. Stir in warm water to mixture until spices are absorbed.
4. Pour mixture into mason jar until onions are submerged.
5. Let sit out for 1 hour then refrigerate.
6. The onions are done after that first hour but the longer you wait, the more flavorful they will become.
7. Enjoy on eggs, salads, sandwiches, burgers, etc.

\*\*Could be used for any vegetable, not limited to red onions!\*\*