**Pickeled Red Onions**

**3-4 servings  
10 minutes**

* 2-3 medium-sized red onions (julienne cut)
* 1-2 cups of filtered water
* ½ cup apple cider vinegar
* 1 medium-sized lemon (fresh-squeezed)
* 2 tbsp of Himalayan pink salt
* 1 tsp Cumin powder
* 1 tsp black pepper
* 1 tsp Turmeric powder

**optional additions:**

* 1-2 jalepeño (or peppers of choice) sliced with seeds
* 1-2 garlic cloves

1. Prepare the red onions by placing them into a large Pyrex bowl. The total yield is dependent upon how much the amount of onions added.
2. Add water, apple cider vinegar, lemon juice and all spices to the Pyrex bowl.
3. Add any optional additions, such as garlic or pepper.
4. Set Pyrex aside and allow to ferment for at least an hour.

*Tips:*

* The longer the red onions ferment the more they will “pickle”. For the most flavorful results, allow to ferment overnight, or 8 hours.