

Rainbow Salad with Pickled Onions

Serves 8



Ingredients:

For the pickled onions

- 1 small red onion, halved and very thinly sliced
- 1 cup water (plus more, if needed, to cover)
- ½ teaspoon salt
- ½ teaspoon sugar
- 1½ cups white vinegar

For the vinaigrette

- Juice of ½ lemon
- ¼ cup red wine vinegar
- 1/3 cup olive oil
- ¼ cup fresh parsley, cilantro, or other herbs, roughly chopped
- ½ teaspoon ground black pepper

For the salad

- 2 medium cucumbers
- 2 medium carrots
- 1 pint cherry or grape tomatoes, halved
- 1 yellow bell pepper, diced
- 1 bunch scallions, sliced thinly
- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed

Instructions:

For the pickled onions

1. Place thinly sliced onions in a non-metallic container with tall sides.
2. Heat water on the stove or in microwave until hot.
3. Dissolve salt and sugar in hot water and stir in vinegar.
4. Pour liquid over sliced onions, pushing onions down so all are submerged and adding additional liquid, if needed, to cover.
5. Let steep for 20 minutes or more to enhance flavor.

For the Vinaigrette

1. Whisk together the lemon juice, vinegar, oil, herbs, and pepper in a bowl. Set aside until salad is assembled, whisking again before dressing.

For the Salad

1. Remove the skin from cucumber and discard. Using a peeler, peel strips of cucumber until you can see the seeds. Turn cucumber to get strips from all sides. Discard seed cores and place cucumber strips in large bowl.
2. Holding the carrots at the end and peeling away, use the peeler to remove outer layer and discard. Continue to remove strips of the carrot, turning the vegetable to peel strips from all sides. Place strips in bowl with cucumber.
3. Add diced pepper, halved tomatoes, thinly sliced scallions, and drained and rinsed beans to the bowl.
4. Lift the pickled onions out of the brining liquid and add to bowl with other vegetables. Add the vinaigrette and toss to coat all vegetables.
5. Enjoy immediately, or the salad can be prepared and refrigerated for up to 24 hours.

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 189.8

% Daily Value*

| | | |
|---------------------------|----------|------|
| Total Fat | 9.4 g | 12 % |
| Saturated Fat | 1.4 g | 7 % |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0 % |
| Sodium | 160.6 mg | 7 % |
| Total Carbohydrate | 19.4 g | 7 % |
| Dietary Fiber | 5 g | 18 % |
| Total Sugars | 3.9 g | |
| Added Sugars | 0.3 g | 1 % |
| Protein | 6.2 g | |
| Vitamin D | 0 mcg | 0 % |
| Calcium | 74.6 mg | 6 % |
| Iron | 2.4 mg | 13 % |
| Potassium | 551.9 mg | 12 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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