



Spiced Onion Salad

Serves 4-6

INGREDIENTS

- 3 Medium onions, sliced thin
- 1/4 Cup sweet red pepper, small dice
- 1 Lime, juiced
- 2 Tbsp. cilantro, rough chop
- 1/4 tsp. chili powder
- 1/2 tsp. cumin
- Pinch * of each: cinnamon, nutmeg, ginger, salt & pepper

*a pinch equals about 1/16 tsp.

DIRECTIONS

1. Peel onions, slice thin. Put onions in a large bowl, separate rings and top with ice cubes. Add cold water to cover slices and place in refrigerator and let chill for 2 hours. **
 2. In a small bowl, combine all dry spices and mix well.
 3. Using a colander rinse and drain the onions. Set aside.
 4. Wash and chop cilantro. Juice lime. Dice red pepper.
 5. In a large bowl, combine all ingredients and toss well.
 6. Adjust seasoning and serve.
- ** step one will soften the bite of the onion, and add crispness.

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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.