

# VERMONT MAPLE QUICK PICKLE

## INGREDIENTS:

2 cups water

$\frac{3}{4}$  cup Vermont Maple Syrup

1 cup white wine vinegar (or vinegar of your choice)

2 large red onions, sliced

1 teaspoon red pepper flakes

1 teaspoon mustard seed

Put the sliced red onions and red pepper flakes  
into a 16-ounce canning jar.

## DIRECTIONS:

Combine the water, maple, and vinegar in a saucepot  
and bring to a healthy simmer for 5 minute. Pour the hot  
pickling liquid over the red onions to submerge them and  
seal the jar. Store in the refrigerator for up to 2 weeks.