

Marinated Onion Salad

- 1-1/2 pounds large, sweet onions
- 2 tablespoons grated lime peel
- 3/4 cup fresh lime juice (8 to 9 fresh limes)
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped cilantro leaves
- 1/2 teaspoon salt, optional



1. Peel onions, cut in half and slice thin. Place in large non-metal bowl.
2. Grate peel from limes. Juice limes.
3. Mix peel, juice, garlic, oil and pepper and add to onion slices in bowl. Mix well, cover and refrigerate for a minimum of 30 minutes and up to 24 hours.
4. When ready to serve, toss again, adding chopped cilantro and salt, if desired. Serve chilled.

Serves 8.

| Nutrition Facts, with salt | | |
|-----------------------------------|----------------------|---------------|
| Servings per recipe: 8 | | |
| Calories 52 | Calories from fat 18 | |
| | % Daily Value | |
| Total Fat 2g | | 3% |
| Saturated Fat | trace | 1% |
| Cholesterol 0mg | | 0% |
| Sodium 136mg | | 6% |
| Carbohydrate 9g | | 3% |
| Dietary Fiber | 2g | 7% |
| Protein 1g | | 2% |
| Vitamin A: 0% | Vitamin C: 23% | Folacin: 4% |
| Calcium: 2% | Iron: 1% | Potassium: 4% |

Modified from original recipe at <http://www.fruitsandveggiesmorematters.org/>
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