



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 medium red onion, halved and thinly sliced

½ cup red wine vinegar

1 teaspoon sea salt

1 teaspoon pure maple syrup

1 Belgian endive, halved and thinly sliced

1 head radicchio, coarsely chopped

1 cup fresh arugula

2 tablespoons chopped toasted walnuts

Tricolor Salad with Quick-Pickled Onions

Three different bitter greens—Belgian endive, radicchio, and arugula—give this starter salad vibrant color and delectable crunch. Bright pink quick-pickled **onions** double as an eye-catching salad ingredient and a dressing when you sprinkle the pickling liquid over the leafy greens. Toasted walnuts add a warm, earthy flavor that complements the tangy bite of the onions, but feel free to swap them out for pumpkin seeds or whole wheat croutons if you don't eat nuts. This simple tricolor salad is great to serve alongside a **hearty soup** or **shepherd's pie** to turn dinnertime into an elegant experience.

Tip: Be sure to save the remaining pickled onions for later; they will keep in the fridge for up to two weeks.

For more recipes that use pickled onion, check out these tasty ideas:

- [Chickpea and Baby Beet Salad with Pickled Red Onions](#)
- [Mediterranean Style Pita Pizzas with Quick-Pickled Onions](#)
- [White Bean Wraps with Pickled Cucumber and Mint](#)
- [Vegan Barbacoa Fajitas](#)

By Mary Margaret Chappell

- 1 In a heatproof bowl combine onion, vinegar, salt, and maple syrup. Pour ½ cup boiling water over top; mix well. Let stand 30 minutes to 1 hour to quick pickle.
- 2 In a medium bowl combine endive, radicchio, and arugula. Add ¼ cup of the pickled onion and 1 to 2 tablespoons of the pickling brine; toss to combine. Sprinkle with walnuts.