LIME MARINATED ONION SALAD

SERVES 8

This salad is different because it has no lettuce. The lime juice marinade softens the onions’ bite. Pair this salad with Southwestern food for additional great flavor.

INGREDIENTS

1 ½ pounds large onions
2 tablespoons grated lime peel
8-9 limes, to yield ¾ cup lime juice
1 clove garlic, peeled and minced
1-tablespoon olive oil
¼ teaspoon black pepper
½ cup packed, chopped cilantro leaves
Salt (optional)

DIRECTIONS

1. Peel onions, cut in half, and slice thin. Place in large non-metal bowl.
2. Grate peel from limes (zest them) and juice them.
3. Mix peel, juice, garlic, oil, and pepper in a small bowl. Add to onion slices and toss well.
4. Cover bowl and place in refrigerator for at least 30 minutes.*
5. When ready to serve, add chopped cilantro and salt to taste, and toss again. Serve chilled.

*May be made ahead and chilled up to 24 hours before using.

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SIMPLY GOOD EATING

NUTRITION FACTS

Serving Size: 1/8 of recipe
Calories: 59
Fat: 1.9 g
Sodium: 3 mg
Protein: 1 g

Source: Fruits and Veggies-More Matters®
www.FruitsAndVeggiesMoreMatters.org