



Pickled Vegetables

Prep: 15 minutes plus cooling

Cook: 5 minutes • Serves: 8

- 2½ cups sliced carrots (about ¼-inch thick)
- 2 cups sliced cucumbers (about ¼-inch thick)
- 2 bay leaves
- 2 garlic cloves, thinly sliced
- 3 cups distilled white vinegar
- 2 cups granulated sugar
- 1 cup water
- 3 tablespoons salt
- 2 teaspoons dried dill
- 1½ teaspoons whole black peppercorns
- 1½ teaspoons yellow mustard seed
- 1 teaspoon coriander seed

1. Fill 2 (1-quart) glass jars with carrots and cucumbers.

2. In medium saucepan, heat remaining ingredients to a boil over medium-high heat, stirring until sugar dissolves; cool. Pour vinegar mixture into jars over vegetables; seal jars with lids and refrigerate up to 1 week.

Approximate nutritional values per serving:

26 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 123mg Sodium, 6g Carbohydrates, 1g Fiber, 4g Sugars, 2g Added Sugars, 1g Protein

Chef Tip

Other vegetables to use in this recipe include asparagus, cauliflower, green beans and/or radishes.