



SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# PICKLED VEGETABLES



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**YIELD: 4-6 SERVINGS | TIME: 45 MINUTES** (plus more to chill)

Go picklin' crazy! This recipe is all about flexibility, so use what you've got and make it your own.



## 1 CHOOSE YOUR VEGGIES

1 pound

Carrots	Asparagus
Cucumbers	Onions
Green beans	Cauliflower
Cherry tomatoes	Jalapeños
Okra	Roasted beets

## 2 ADD YOUR HERBS

2 Tbsp

Dill  
Thyme  
Tarragon  
Fennel

## 3 ADD SOME SPICES

2 tsp

Peppercorns  
Mustard seed  
Coriander  
Clove  
Turmeric  
Celery seeds  
Cayenne

## 4 MAKE THE BRINE

1 cup vinegar  
1 cup water  
1 Tbsp salt  
2 cloves garlic, grated (*optional*)  
1 Tbsp sugar (*optional*)

## INSTRUCTIONS

1. Wash two wide-mouth pint jars with lids and rings.
2. Wash your vegetables and slice or trim them to fit the jars.
3. Divide herbs and spices between the jars. Pack in the vegetables.
4. In a small saucepan, combine vinegar, water, salt, grated garlic and sugar (if using). Heat until the salt and sugar dissolve.
5. Pour hot brine into the jars, leaving about ½ inch of space at the top.
6. Use a clean utensil (like a fork or chopstick) to gently press the vegetables down and release air bubbles.
7. Seal the jars with lids and rings.
8. Let cool to room temperature, then refrigerate.