



EASY PICKLED VEGETABLES

By Dr. Cindy Tanzar
(Standard/Vegan)

Looking for a fresh new way to enjoy delicious garden vegetables? Pickling is a great choice. You can pickle almost any vegetable in no time without canning, using mason jars or most jars you have on hand. Mix a variety of vegetables together in the same jar or keep them separate – there is no right or wrong, so don't be intimidated! Since the brine is heated and poured over the vegetables, treat this as a serving of cooked vegetable of one cup per meal.
Makes 5-6 servings.



INGREDIENTS

1 lb. of fresh vegetables (cucumbers, cauliflower, green beans, zucchini, yellow squash, peppers, onions, celery, chilies, asparagus, etc.)
1-2 whole garlic cloves (optional)
2 standard Mason jars or more smaller sizes

Brine (depending on taste):

- 1 cup vinegar and 1 cup water (traditional); or, 1/2 cup vinegar and 1-1/2 cups water (less tart)



- 1 Tbsp Redmond, Celtic or Pink Himalayan salt*
- Liquid stevia drops, optional, to taste (can add this at any time, even days after making to determine your tastes)

Can use white distilled, apple cider or red wine vinegar. Play with different vinegars and spices/herbs for different flavors.

Pickling spice options:

- Ball or other brand pickling spice blend (usually 10+ spices), use 1-2 tsps per jar (depending on jar size and to taste)
- 2 cloves peeled garlic and 2 sprigs fresh dill
- 1/2 tsp mustard seed, 1 tsp dill seed and 1/8 tsp ground turmeric
- Any blend of whole allspice, mustard seed, coriander seed, black peppercorns, cinnamon sticks crushed, bay leaves, cloves, crushed red pepper, cardamon, nutmeg, dill or mace (1-2 tsps per jar depending on jar size and to taste)
- Fresh herb sprigs – tarragon, dill, rosemary, thyme, sage, mint, anise, ground turmeric, etc.
- Add hot chilies for a little heat

INSTRUCTIONS

Prepare vegetables by cutting them into desired shapes and sizes (strips, spears, coins, florets).

Add desired pickling spice options to bottom of your jar, then fill the jar with cut vegetables, packing tightly. Allow 1/2 inch at the top of the jar.

To make the brine, bring the vinegar, water and salt to a boil in a saucepan over medium-high heat, stirring to dissolve the salt.

Pour the brine over the vegetables, leaving 1/2-inch room at top of the jars. Depending on the size of the jars, you may have more brine left over or not enough. You can always make more brine by cutting a recipe in half or a quarter, if needed. This recipe usually



covers two standard Mason jars full of cauliflower, zucchini yellow squash, and red peppers for me.

Tap the jar on the counter to remove air bubbles, then place the lids on the jars. Allow to cool at room temperature, then refrigerate.

Pickled vegetables can be eaten within 24 hours, but 2-3 days will provide maximum flavor. Can be stored for up to two months in the refrigerator.

How to Enjoy Pickled Vegetables: in a salad, in tuna, chicken or egg salad lettuce wraps, with a burger, in No-potato salad, chopped and added to deviled eggs, as a soup garnish, added to cauliflower fried rice, simply eaten as a side vegetable, or any other creative idea.

*These salts contain minerals which you may see in your brine. They are not a problem. The Pink Himalayan salt may add a slight pinkish color to your brine, which is fine, too.