



EASY REFRIGERATOR PICKLES

By Dr. Cindy Tanzar
(Standard/Vegan)

Pickles are a favorite accompaniment with a variety of meals. They can, however, be difficult to find in the stores without added sugars, preservatives or artificial coloring. They are very quick and easy to make, and you can even kick them up a bit with his added Spicy Refrigerator Pickle version. Measure your pickles out as a raw veggie. (If you eat a 1/4 cup, then you could still eat 1-3/4 more raw vegetable or just under a cup of cooked – 7/8ths.)
Makes 16-26 servings (1/4 cup).



INGREDIENTS

- 2-3 pickling cucumbers
- 1 cup filtered/spring water
- 1 cup white vinegar
- 1 Tbsp Pink Himalayan salt
- 3-5 springs of dill
- 1 Tbsp dill seeds
- 1 tsp mustard seeds

(For a sourer pickle, use 1-1/4 cup vinegar to 3/4 cup water.)



INSTRUCTIONS

In a small saucepot heat the water, vinegar and salt until dissolved. Remove from heat and let cool.

Cut cucumber into slices or spears. In a mason jar add cucumber, dill springs, dill seeds and mustard seeds.

When the brine is cool, pour over the cucumbers and refrigerate. For best flavor wait 24 hours, but they can be enjoyed after 8 hours.

SPICY REFRIGERATOR PICKLES

Follow recipe above and add:

1 Tbsp whole peppercorns

1 Jalapeno pepper, diced

1/2-1 tsp red pepper flakes (optional for more or less heat)

INSTRUCTIONS

In a small saucepot heat the water, vinegar and salt until dissolved. Remove from heat and let cool.

Dice the jalapeno, leaving the seeds and veins. Cut the cucumber into slices or spears.

In a mason jar add Jalapeno, peppercorns, red pepper flakes, cucumber, dill springs, dill seeds and mustard seeds.

When the brine is cool, pour over the cucumbers and refrigerate. For best flavor wait 24 hours, but they can be enjoyed after 8 hours.