



# Quick Pickles

Adapted from

Leann Brown's *Good and Cheap* free online cookbook



## Ingredients

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Vegetables (cucumbers, beans, zucchini, cauliflower, carrots, beets, onions, peppers, or string beans)</li> <li>• Sprigs of dill</li> <li>• Garlic cloves, quartered</li> </ul> | <p><u>Brine:</u></p> <ul style="list-style-type: none"> <li>• 1 cup distilled vinegar</li> <li>• 1 cup water</li> <li>• 1 Tablespoon salt</li> <li>• 1 Tablespoon Pickling Spices</li> </ul> |
|--|--|



## Directions

**Yield:** 2 pint jars **Serving size:** 1 cup

1. **Cut up vegetables however you like.** Smaller pieces will pickle faster as the brine takes less time to penetrate.
2. **Fill the jar with the vegetables.**
3. **Make the brine.** Pour the vinegar, water, and salt into a pot. Add any other additions.
4. **Bring the brine to a boil,** and turn the heat down to low. **Simmer for 10 minutes.**
5. **Pour the hot liquid over the vegetables in the jar.** If you run out, make more brine of the same ratio.
6. **Place the lids over the jars.** Don't screw them on tightly until jars cool to room temperature., and put in fridge.
7. **Leave the pickles for 2 weeks to let the brine do its work.** After two weeks, eat them!

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Nutrition Facts



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	1 cup (155g)
<b>Amount Per Serving</b>	<b>25</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 870mg	38%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	0%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.8mg	10%
Potassium 141mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Cooking Tips



- Want to get creative? Try some of these additions to the brine:
  - 1-2 chilies, crushed
  - 2 whole cloves
  - 1/2 teaspoon fennel
- Mason jars are an inexpensive and reusable container. Store dried beans, or grains.

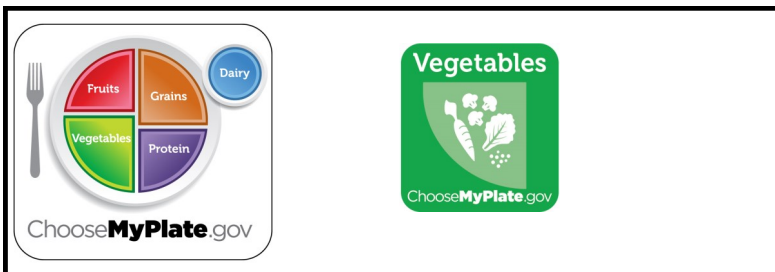
Second Harvest is an equal opportunity provider.



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