

Quick Pickled Vegetables

Serves 12

From: myquietkitchen.com

Ingredients:

[Brine]

- 1 cup white distilled vinegar
- 1/4 cup rice or apple cider vinegar
- 1 1/4 cups water
- 2 tsp salt
- 1 tbsp sugar

[Vegetables]

- 1 medium carrot, peeled, chopped
- 1/2 large red onion, sliced
- 1/4 head cauliflower, small florets
- 2-3 garlic cloves, smashed
- 2 tsp peppercorns, optional

Directions:

Fill a jar with vegetables. In a small sauce pan combine the vinegars, water, salt, and sugar, and cook over medium-high heat until boiling. Stir to dissolve the sugar and salt. Pour the brine into the jar so that it covers the vegetables and almost reaches the top of the jar. Let it cool down for a few minutes, then screw on the lid. Once the jar has cooled to room temperature, transfer it to the refrigerator. The quick pickles can be eaten anytime but taste best after at least one day in the refrigerator.

Nutrition Facts: 13 calories, Fat 0 g, Sodium 290 mg, Carbs 3g, Fiber 1g, Sugar 1.8 g, Protein 0.5 g