

Quick Pickled Veggies



SIZE

For 4

PREPARATION

5 minutes

DIFFICULTY

Level 1



These no-cook, low-prep quick pickled veggies come together like a dream and will make that Wednesday night dinner feel just a little bit fancy, like when you put on a dress that one day last week to head to your living room office... again.

Ingredients

1/2 cup cider, white distilled, red wine, or white wine vinegar

1 cup water

1 T sugar

1 ½ t salt

about 4 cups

You can use almost any veggies you have: ½ english cucumber sliced on the bias, 1 bell pepper thinly sliced or sliced into rounds, 2 carrots peeled and grated, and 3 jalapenos sliced into rounds.

Process

1

Slice or grate your vegetable of choice.

2

Add the vinegar, water, sugar, and salt to a medium bowl and whisk until the sugar and salt

dissolve.

3

Place your veg in an airtight container or a not just pasta sauce jar.

4

Pour your pickling liquid on top, cover, and place in the fridge for up to two weeks! Serve on sandwiches, tacos, breakfast bowls, or salads.