

Quick Pickled Vegetables

Servings: 10

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- ½ cup apple cider vinegar (or other vinegar)
- 1 tablespoon sugar (or honey)
- 1 ½ teaspoon salt
- 1 cup water
- Vegetables of your choice (thinly chopped carrots, onions, beets, cabbage, cucumbers, jalapenos or radishes)

Instructions

STEP 1: Whisk apple cider vinegar, sugar, salt, and 1 cup of water in a bowl until the sugar and salt is dissolved.

STEP 2: Place vegetables in a clean jar and pour vinegar mixture over the vegetables. Add herbs and spices, if desired.

STEP 3: Let sit at room temperature for 1 hour. Cover and chill. Drain before using on sandwiches, salads, or any other meal.



- **Reduce Food Waste:** This recipe is a perfect way to use your leftover raw vegetables.
- **Try this!** Add dill or your favorite herbs for added flavor. Or add some crushed red pepper for a kick!



Per Serving: 10 Calories | 3g Carbs | 2g Sugar | 0g Fiber | 0g Fat (0g Sat Fat) | 0g Protein | 350mg Sodium
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