

Refrigerator Pickled Cucumbers

A crunchy and delicious way to make your cucumbers last longer!

Makes: 1 Pint
 Prep Time: 20 minutes
 Chill Time: 1-3 days

Ingredients

- 2/3 cup vinegar (any type)
- 1/3 cup water
- 1 teaspoon salt
- 2 to 4 teaspoons sugar
- 1 to 2 Tablespoons seasonings (see Notes)
- 1 1/2 cups cucumber slices

Directions

1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely. Leave about 1/2 inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 5-8 pickle slices (1oz)

Nutrients	Amount
Calories:	73
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	148mg
Total Carbohydrates:	19.1g
Dietary Fiber:	0.1g
Total Sugars:	18.9g
Added Sugars:	18.9g
Protein	0.1g

Utensils Needed

- Sharp knife
- Cutting board
- Pint-sized jar w/lid
- Measuring spoons
- Measuring cups
- Small saucepan

SHOPPING LIST

Average total cost without oil and seasonings: \$1.85

Average cost/serving: \$0.11

Makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Vinegar



Add 1 to Cart
Cucumber

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Ideas for fresh seasonings: basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme.
- Ideas for dry seasonings: bay leaf, celery, cumin or dill seed, dried chili, peppercorn, pickling spice, turmeric.
- Try this: 1 clove garlic, $\frac{1}{8}$ teaspoon red, pepper flakes and 1 teaspoon dill seed.

