

Zucchini Pickles

**This pickled zucchini recipe is low in calories,
high in fiber, and high in vitamin C**

Ingredients:

Zucchini 1lb
Yellow onion, 1 small
Kosher salt 2 Tbsp.
Cider vinegar 2 cups
Sugar 1 cup
Dry mustard 1.5 tsp.
Mustard seed 1.5 tsp.
Turmeric 1 tsp.

How to prepare

Rinse well with cold water.
Repeat again with clean water if necessary. Cut
tips off of ends before eating.

Instructions

1. Slice zucchini and onion thinly.
2. Toss in salt and place in ice water. Leave for 1hr
3. Drain and dry zucchini and onion
4. Put remaining ingredients in non-reactive
sauce pot.
5. Boil for 3 minutes
6. Pull off heat and set aside till it is cool to the
touch
7. Pour over zucchini and onion
8. Let set for 24hr before eating.

Storage

Pickles may be left in brine refrigerated until
consumed

