

Spicy Pickled Vegetables

This quick and easy condiment adds brightness to a variety of dishes. Pair it with meat dishes, add it to sandwiches, or mix it with your rice and beans for a kick of tartness and spice!

YIELD 40 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 cups	Green Cabbage, thinly sliced (about ¼ medium head)
1 each	Onion, yellow or white, thinly sliced
1 each	Carrot, peeled and grated
1 each	Red Bell Pepper, thinly sliced
1 each	Jalapeno, seeded, thinly sliced
2 each	Green Onions, thinly sliced
5 cloves	Garlic, minced
2 tsp	Thyme, dried
1 cup	Apple Cider Vinegar
1 cup	Water
1 each	Lime, juiced
1 Tbsp	Kosher Salt
1 Tbsp	Sugar



CHEF'S NOTES

This recipe is super versatile and can be adjusted to suit your tastes. If you like a spicier flavor, add another jalapeno pepper or swap them out for a spicier habanero pepper. Add veggies like radish for an additional crunch. In an airtight container, these veggies can last up to three weeks in the fridge.

This condiment is a great way to add big flavor to your favorite foods without added calories or saturated fat!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add cabbage, onion, carrot, bell pepper, jalapeno, green onions, garlic, and thyme to 2-quart sized mason jars or containers with tight fitting lids. Press the vegetables to tightly pack them into each jar.
3. In a medium saucepan, combine the apple cider vinegar, water, lime juice, salt, and sugar and bring to a boil. Once boiling, remove from the heat.
4. Pour the hot liquid over the vegetable mixture, adding enough to each jar to cover the veggies (use a spoon to submerge veggies in liquid if necessary). Close the jar, and let the mixture cool to room temperature.
5. Enjoy immediately or store in the refrigerator.

Nutrition Facts

40 servings per container

Serving Size about 2 Tbsp (26 g)

Amount per serving

Calories **5**

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars less than 1g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.11mg 0%

Potassium 32mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

