

Sweet & Sour Pickled Veggies

Ingredients

- 1 carrot, julienned
- 1/2 red onion, julienned
- 1 clove garlic, chopped
- 1 cup of lukewarm water
- 1/3 cup sugar
- 1 tsp salt
- 1 cup of white vinegar

Vegetable substitutes: cucumbers, daikon, radish, cabbage

Directions

Cut vegetables into matchsticks (julienned) or preferred size. Chop garlic.

Get a small/medium jar or bowl. Add lukewarm water, sugar and salt together. Mix until sugar and salt dissolve. Add white vinegar. Add vegetables into mixture. Let sit for at least 10-15 minutes. The longer it soaks, the more flavorful. Refrigerate for up to 4 weeks. Texture will change the longer it is pickled.

Tip: You can reuse your pickle brine. Pickling vegetable scraps are a great way to reduce waste and make them taste good!

Nutrition Tip: For an extra pop of color and flavor, add pickled veggies to any meal (salads, sandwiches, chicken, fish or other proteins).



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