



*This colorful, pickled vegetable recipe is easy to make and requires no canning procedure. A hot and sour brine is used to marinate the vegetables, and in a couple of days, your veggies will be ready.*

## Pickled Vegetables

*For each recipe of the brine, choose one vegetable in the amount below:*

- 12 oz. green string beans, ends trimmed
- 12 oz. okra
- 12 oz. cauliflower (about ½ medium head), cut into 1-in. florets
- 16 oz. baby carrots, green stems trimmed to ½ in., peeled and halved lengthwise

### Brine

- 1 Tbsp. brown mustard seeds
- 1 tsp. whole black peppercorns
- 1¼ cups cider vinegar
- ¾ cup water
- ¼ cup granulated sugar
- 2 Tbsp. kosher salt
- 1 bay leaf



1. Pack your vegetables of choice tightly in a 1-quart glass jar, leaving ½ inch of room at the top. Set aside.
2. Make the brine: Toast the mustard seeds and peppercorns in a small saucepan over medium-heat until fragrant, about 2 minutes. Add remaining ingredients, and stir until the sugar is dissolved. Bring to a boil.
3. Immediately pour the brine into the jar, making sure to cover the vegetables completely. Allow the mixture to cool to room temperature, about 1 hour. Seal the jar with a tight-fitting lid and shake or rotate it to evenly distribute the brine and spices. Store in the refrigerator for at least 1 day and preferably 1 week. The pickled vegetables can be kept refrigerated for up to 1 month.

