

Add some bright, lively bites to your appetizer buffet with these quick-pickled vegetables.

They're delectable as appetizers but can also provide a zesty complement to salads and entrées.

# simply pickled

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## Easy Cucumber Pickles

Prep: 20 minutes Chill: 2 hours

- 4 small cucumbers
- ½ cup cider vinegar or distilled vinegar
- ¼ cup water
- 3 tablespoons sugar
- 2 teaspoons snipped fresh dill
- ½ teaspoon salt
- ½ teaspoon crushed red pepper (optional)

1. Cut each cucumber lengthwise into eight spears. Place cucumber spears in a clean quart jar; set aside.
2. In a small saucepan, combine vinegar, the water, sugar, dill, salt, and, if desired, crushed red pepper. Bring to boiling. Pour vinegar mixture over cucumbers; seal jar. Chill for at least 2 hours before serving. Store in the refrigerator for up to 3 weeks. Makes 32 pickles.

**Per pickle:** 18 cal., 0 g total fat, 0 mg chol., 74 mg sodium, 4 g carb., 1 g fiber, 1 g pro.



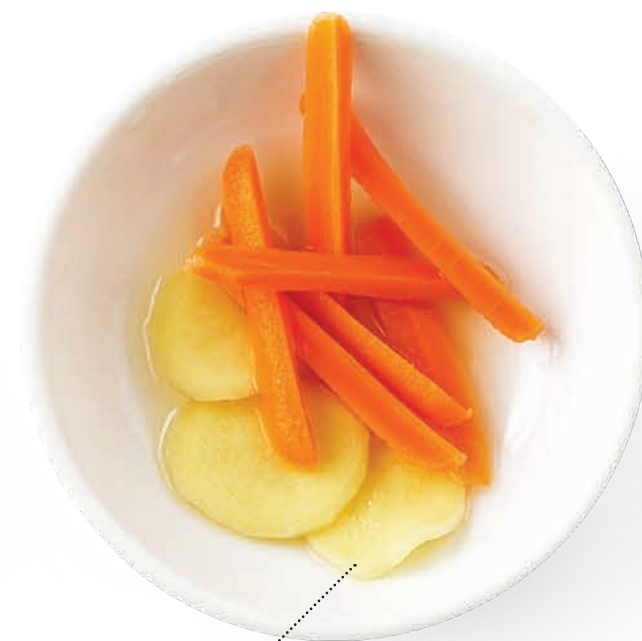
## Pickled Radishes

Prep: 20 minutes Chill: 8 hours

- 8 ounces radishes (about 22)
- 1 small onion, cut into thin wedges and separated
- ½ cup sugar
- ½ cup white vinegar
- 1½ teaspoons salt

1. Slice radishes by hand or use the slicing blade of a food processor (you should have 2 cups). Place radishes and onion in a clean quart jar. In a medium bowl, combine sugar, vinegar, and salt, stirring until sugar is dissolved. Pour over radish mixture.
2. Cover and chill for 8 to 24 hours before serving. (Radish mixture will have a very pungent aroma.) Store in the refrigerator for up to 3 weeks. Makes 16 servings.

**Per serving:** 25 cal., 0 g total fat, 0 mg chol., 219 mg sodium, 6 g carb., 0 g fiber, 0 g pro.



## Asian Pickled Carrots

Start to Finish: 40 minutes

- 1 16-ounce package peeled fresh baby carrots
- 1 teaspoon salt
- ¼ cup peeled fresh ginger, cut into thin bite-size strips
- 3 whole allspice
- ¾ cup water
- ¾ cup rice vinegar
- ⅓ cup packed brown sugar
- 4 whole cloves
- 4 whole peppercorns

1. In a large saucepan, cook carrots and salt, covered, in a small amount of boiling water about 3 minutes or until crisp-tender; drain. Divide carrots among three clean half-pint jars. Divide ginger and allspice among jars.

2. In a medium saucepan, combine the ¾ cup water, the vinegar, brown sugar, cloves, and peppercorns. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Pour over carrots; seal jars. Store in the refrigerator for up to 3 weeks. Makes 3 half-pints (18 servings).

**Per serving:** 18 cal., 0 g total fat, 0 mg chol., 135 mg sodium, 5 g carb., 1 g fiber, 0 g pro.