

# Carrot Pickles

Joy DeRock

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*carrots, peeled*  
*2 cups vinegar*  
*1 1/2 cups water*  
*1 1/2 cups sugar*  
*20 whole cloves*  
*4 sticks cinnamon, broken*  
*up*  
*1 tablespoon salt*

Peel the carrots. Then slice or cut into sticks. Place in a saucepan. Cook in a small amount of salted water for about 5 minutes. Drain.

In a saucepan, combine the vinegar, water, sugar, cloves, cinnamon and salt. Bring to a boil.

Pack the carrots into hot jars. Cover with the pickling liquid. Leave 1/2 inch of head space. Seal with lids.

Process pints and quarts in a hot water bath for 30 minutes.

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Per Serving (excluding unknown items): 1725 Calories; 27g Fat (12.2% calories from fat); 9g Protein; 430g Carbohydrate; 60g Dietary Fiber; 0mg Cholesterol; 6741mg Sodium. Exchanges: 6 1/2 Grain(Starch); 5 1/2 Fat; 22 Other Carbohydrates.