

Dilled Brussels Sprouts

Joy DeRock

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

Brussels sprouts
1 slice onion, per jar
1 small hot pepper, per jar
1 clove garlic, per jar
1 head dill, per jar
1 cup vinegar
1 cup water
2 tablespoons salt

Cook the Brussels sprouts until tender-crisp in salted water. Pack into pint jars.

Add one onion slice, one small hot pepper, one clove of garlic and one head of dill to each jar.

In a saucepan, bring to a boil the vinegar, water and salt.

Pour the liquid over the Brussels sprouts in the pint jars.

Process the pint jars for 10 minutes.

(These may be used whole as an appetizer or relish or use sliced in a salad.)

Per Serving (excluding unknown items): 106 Calories; trace Fat (2.6% calories from fat); 3g Protein; 31g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12813mg Sodium. Exchanges: 3 Vegetable; 0 Fat; 1 Other Carbohydrates.