

Easy Refrigerator Pickles

Angela Lienhard

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Preparation Time: 45 minutes

Prepackaged pickling spices, which may include allspice, bay leaves, cardamom, cinnamon, cloves, coriander, ginger, mustard seeds and peppercorns, are sold in most supermarkets.

14 pickling cucumbers

40 fresh dill sprigs

4 cloves garlic, sliced

2 quarts water

1 cup cider vinegar

1/2 cup sugar

1/3 cup salt

1 teaspoon mixed pickling spices

Cut each cucumber lengthwise into six spears.

In a large bowl, combine the cucumbers, dill and garlic. Set aside.

In a Dutch oven, combine the water, vinegar, sugar, salt and pickling spices.

Bring to a boil. Cook and stir just until the sugar is dissolved.

Pour over the cucumber mixture. Cool.

Transfer to jars, if desired, and cover tightly.

Refrigerate for at least 24 hours.

Store in the refrigerator for up to two weeks.

Yield: 4 1/2 quarts

Per Serving (excluding unknown items): 726 Calories; 3g Fat (3.2% calories from fat); 16g Protein; 179g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 33873mg Sodium. Exchanges: 12 Vegetable; 7 1/2 Other Carbohydrates.