

Jardiniere

Grammy Guru - Arlene Borg
Hometown News

Cauliflower flowerets, sliced carrots and any other vegetable that you choose can be added to the mix.

4 cups sliced cucumbers
1 cup sliced onions
4 tablespoons Kosher salt
1 red bell pepper, sliced into rings
1 green bell pepper, sliced into rings
1 cup white vinegar
1 cup sugar (or equivalent sugar substitute)
1 teaspoon celery seed
1 teaspoon mustard seed
3/4 teaspoon turmeric
2 cinnamon sticks

In a bowl, place the cucumbers, onions and peppers in cold water. Add the Kosher salt and ice cubes. Soak for one hour. Drain.

In a saucepan, place the vinegar, sugar, celery seed, mustard seed, turmeric and cinnamon sticks. Bring to a boil. Add the vegetables and cook for 10 to 20 minutes, depending on how crisp you want them. Discard the cinnamon sticks.

Place in the clean canning jars. Seal and store.

Yield: 5 pints

Per Serving (excluding unknown items): 306 Calories; 4g Fat (9.2% calories from fat); 9g Protein; 77g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 22592mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates.