

Mustard Pickles

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*8 large cucumbers
1 quart onions
1 pint vinegar
1 tablespoon turmeric
1/2 teaspoon celery seed
1 tablespoon mustard
2 cups white sugar
2 tablespoons flour*

Place the cucumbers and onions in brine (two tablespoons of salt and water to cover). Let stand overnight.

Boil the cucumbers and onions for a few minutes. Add the vinegar, turmeric, celery seed, mustard, sugar and flour. Return to a boil.

Pack the vegetables into the canning jars. Pour the liquid over the vegetables.

Seal.

Per Serving (excluding unknown items): 719 Calories; 6g Fat (6.4% calories from fat); 27g Protein; 167g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 265mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 24 Vegetable; 0 Fat; 2 Other Carbohydrates.