

Summer Squash Pickles

Ted drapala

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

*6 cups sliced squash
2 cups sliced onions
2 bell peppers, sliced
2 1/2 cups sugar
1 cup vinegar
1/2 teaspoon celery seed
1/3 teaspoon mustard seed*

Soak the squash, onions and peppers in 1/4 cup of salt for one hour. Drain.

Rinse in cold water and drain again.

In a saucepan, mix the sugar, vinegar, celery seed and mustard seed. Bring to a boil.

Add the vegetables and return to a boil.

Pack rather loosely in sterilized jars and seal.

Per Serving (excluding unknown items): 2130 Calories; 1g Fat (0.6% calories from fat); 5g Protein; 550g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fat; 34 1/2 Other Carbohydrates.