

# Tangy Cauliflower Pickles

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

*2 medium heads (2 quarts)  
cauliflower, broken into  
flowerets  
1 cup sliced and peeled  
carrots  
3 cups 5% acid strength  
vinegar  
2 cups sugar  
2 tablespoons mustard  
seeds  
2/3 cup chopped green  
peppers*

In a large saucepan, cook the cauliflower and carrots in boiling salted water for 2 minutes. Drain well.

In a kettle, combine the vinegar, sugar, mustard seeds and celery seeds. Bring to a boil. Add the drained cauliflower and carrots plus the green pepper. Bring to a boil.

Immediately ladle the mixture into four hot pint jars, filling to within 1/2 inch from the top. Adjust the lids. Process in a boiling water bath for 15 minutes. (Start to count the processing time when the water in the canner returns to boiling.)

Remove the jars. Cool on wire racks for twelve to twenty-four hours. Check the jars for an airtight seal.

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Per Serving (excluding unknown items): 1730 Calories; 7g Fat (3.5% calories from fat); 10g Protein; 424g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 1 Fat; 27 Other Carbohydrates.