

Homemade Dill Pickle Relish

*Adapted from University of Georgia National Center for Home Food Preservation
Scripps Howard Newspapers*

Yield: 7 pints

*14 cups (5 pounds) pickling
cucumbers, chopped
2 cups red bell pepper, chopped
5 1/2 cups cider vinegar (5 percent)
3 teaspoons dill seed
6 cloves garlic, minced
5 tablespoons pickling or canning salt*

Wash and rinse pint canning jars; keep hot until ready for use. Prepare the lids and bands according to manufacturer's directions.

Prepare the cucumbers and peppers by first washing them well. After washing the cucumbers, slice a thin piece from both the stem and bottom ends and discard. Cut into about one-inch pieces and then chop in a food processor to yield 1/4-inch or smaller pieces. Measure fourteen cups of the chopped cucumber.

After washing the peppers, remove the stem, seeds and white membranes. Cut into about one-inch pieces or slices and then chop in a food processor to yield about 1/4-inch or slightly smaller pieces. Measure two cups of the chopped pepper. Combine the chopped cucumbers and bell peppers and set aside.

In a large stockpot, stir together the cider vinegar, dill seed, minced garlic and pickling salt until the salt dissolves. Add the chopped vegetables and bring to a boil. Reduce the heat and simmer for 10 minutes.

Fill the hot relish into the clean, hot pint jars leaving 1/2-inch head space. Remove the air bubbles and adjust the head space if needed. Make sure that liquid covers the top of the food pieces. Wipe the rims of the jars with a dampened, clean paper towel; apply the two-piece metal canning lids.

Process in a boiling water canner for 15 minutes (at Evansville altitude). Let cool, undisturbed, for twelve to fourteen hours and check for seals.

Per Serving (excluding unknown items): 415 Calories; 4g Fat (8.2% calories from fat); 20g Protein; 90g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 15 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	415	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	8.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	75.0%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	4g	Folacin (mcg):	354mcg
Saturated Fat (g):	1g	Niacin (mg):	7mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
Carbohydrate (g):	90g		
Dietary Fiber (g):	25g		
Protein (g):	20g		
Sodium (mg):	55mg		
Potassium (mg):	3862mg		
Calcium (mg):	469mg		
Iron (mg):	8mg		
Zinc (mg):	5mg		
Vitamin C (mg):	689mg		
Vitamin A (i.u.):	21717IU		
Vitamin A (r.e.):	2160 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	15
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 415 Calories from Fat: 34

% Daily Values*

Total Fat	4g	7%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrates	90g	30%
Dietary Fiber	25g	101%
Protein	20g	

Vitamin A	434%
Vitamin C	1149%
Calcium	47%
Iron	47%

* Percent Daily Values are based on a 2000 calorie diet.