

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



QUICK PICKLES

Annie Novak
Yield: 1 cup

Ingredients

- ½ cup unseasoned rice vinegar
- 1 Tablespoon cane sugar*
- 2 teaspoons kosher sea salt*
- 1 cup thinly sliced vegetables (such as carrot, red onion and/or cucumber)

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Whisk vinegar, sugar and salt in a small bowl until sugar and salt dissolve. Add vegetables and let sit, squeezing gently with your hands occasionally to help them pickle more quickly, 10 minutes. Vegetables can be pickled three days in advance of serving: just cover and keep chilled.

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