



Refrigerator Pickled Cucumbers



Ingredients

2/3 cup **vinegar** (any type)

1/3 cup **water**

1 teaspoon **salt**

2 to 4 teaspoons **sugar**

1 to 2 Tablespoons **seasonings** (see Notes)

1 1/2 cups **cucumber slices**

Makes: 1 pint
Prep time: 20 minutes
Chill time: 1 to 3 days

Directions

1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely together. Leave about 1/2 inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

Notes

- Ideas for **fresh seasonings:** basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme.
- Ideas for **dry seasonings:** bay leaf, celery, cumin or dill seed, dried chili, peppercorn, pickling spice, tumeric
- Try this: 1 clove garlic, 1/8 teaspoon red pepper flakes and 1 teaspoon dill seed.

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Nutrition Facts

10 servings per container	
Serving size	3 pickles (30g)
Amount per Serving	
Calories	8
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 103mg	4 %
Total Carbohydrate 2g	0 %
Dietary Fiber 0g	0 %
Total Sugars 1g	
Includes 1g Added Sugars	2 %
Protein 0g	
Vitamin D 0mcg	0 %
Calcium 7mg	0 %
Iron 0mg	0 %
Potassium 6mg	0 %
Vitamin A 2mcg	0 %
Vitamin C 0mg	0 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.