

Pickled Crudities

1/4 lb. green beans, ends trimmed, cut in half crosswise
1/4 lb. baby zucchini, ends trimmed
1/4 lb. cauliflower, broken into small florettes
1/2 fennel bulb, cored and cut into julienne strips
2 carrots, peeled, cut into sticks
12 red pearl onions, peeled
2 C. rice vinegar
2 C. water
1/4 C. sugar
1 t. salt
4 cloves of garlic
1/2 t. black peppercorns
4 dried red chili peppers

Place the vegetables into a shallow 2 quart glass or plastic bowl

In a medium saucepan, heat the vinegar, water, salt, sugar, garlic, peppercorns, and red chili peppers to boiling. Pour the hot vinegar mixture over the vegetables so they are covered.

Let the vegetables cool to room temperature and cover the bowl. Refrigerate and let the mixture stand 2-3 hours or overnight. Use a slotted spoon to remove the vegetables from the vinegar mixture and place in a plastic container with a lid.

Preparation 30 minutes

Servings 4

Each Serving 76 calories