



Pickled Vegetables

U.S.

Pickling Liquid

2 cups	Rice Wine Vinegar
1/2 cup	Sugar
2 each	Bay Leaves
1/2 cup	Black Pepper, whole
1 Tbsp	Sambal Chili Paste
2 cloves	Garlic, smashed
1/2 tsp	Salt, Kosher

Metric

		473.2 mL
		99 g
		2 each
		70 g
		14.2 g
		2 cloves
		3 g
<i>Vegetables:</i>		x
2 medium	Cucumber, cut into 1/4" sticks	2 medium
1 medium	Carrot, cut into 1/4" sticks	1 medium
1 large	Red Onion, julienne	1 large

Preparation:

1. Gather all ingredients and equipment.
2. Place all of the ingredients for the pickling liquid in a medium sized pot. Place the pot on the stove over medium heat and bring the liquid to a simmer.
3. Prepare vegetables while liquid is heating up.
4. Once simmering, carefully strain the pickling liquid into a separate bowl. Pour the strained pickling liquid over the cut vegetables and let them sit for 10-15 minutes.
5. Chill, remove the vegetables from bowl and serve!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1/2 cup**
Servings **4****Calories** 145
Calories from Fat 0

Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	343 mg
Carbohydrates	34 g
Dietary Fiber	1 g
Sugars	29 g
Protein	1 g
Vitamin A	53 %
Calcium	4 %
Vitamin C	11 %
Iron	5 %
Phosphorus	0 mg
