

Pickled Carrots



Servings: 5

Nutrition Information:

19g carbohydrates

86 calories

1g fat

5g fiber

2g protein

Ingredients:

2 lbs. peeled carrots, cut into 4" lengths
and split in quarters

2 tbsps. salt

¼ tsp. pepper

2 tbsps. dill seed

2 cloves garlic

1 tsp. mustard seed

1 onion, (sliced or diced)

Directions:

1. Boil 1 cup vinegar and 1 cup water
1. Pack carrots in a sterile quart jar, tightly.
2. Add seasonings to jar.
3. Pour boiling water and vinegar over packed carrots.
4. Allow to cool before placing in the refrigerator.
5. Keep refrigerated. Keeps for a few weeks.

Eat as a snack or added vegetable to a meal.