

Quick Pickled Daikon Radish and Carrots

6 servings

Quick pickling is a method of pickling vegetables by soaking them in a vinegar-based solution for a short period of time, usually overnight. Quick pickles are also called refrigerator pickles because they must be stored in the refrigerator and eaten within four weeks, as opposed to canned or fermented vegetables which are processed to make them shelf stable.

- 1 cup daikon radish, scrubbed with clean vegetable brush under running water, peeled and julienned
- 1 cup carrots, scrubbed with clean vegetable brush under running water, peeled and julienned
- ½ cup apple cider vinegar
- ½ cup water
- 2 Tablespoons sugar
- ½ teaspoon salt

1. Wash hands with soap and water.
2. Pack julienned radish and carrots in clean canning jars or a glass container with a tight-fitting lid.
3. In a medium saucepan, combine vinegar, water, sugar, and salt. Bring to a boil.
4. Carefully pour the liquid into the jars, completely covering the vegetables. Let sit uncovered at room temperature to cool, for about one hour.
5. Close jars tightly and transfer to the refrigerator. Refrigerate overnight before serving.
6. Drain before serving. Serve with sandwiches, rice bowls, wraps, or tacos.
7. Store leftovers in a sealed jar or container in the refrigerator for up to four weeks.



Nutrition Information per Serving (1/3 cup): Calories 30, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrates 8g, Fiber 1g, Total Sugars 6g, includes 4g Added Sugars, Protein 0g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%.