

SPICY QUICK PICKLED VEGETABLES

Yield: ~4 Portions

Serving size: ¼ cup

Ingredients	Amount
Vegetables, cut into even sizes (green beans, carrots, okra, onions, etc.)	1 cup
Tabasco peppers, crushed (or 2 tsp. crushed red pepper flakes)	2-4 ea.
Apple cider vinegar	½ cup
Mustard seed	½ tsp.
Celery seed	½ tsp.
Pumpkin pie spice	½ tsp.

Method

1. Combine all ingredients in a 12-ounce mason jar.
2. Secure lid and shake vigorously to combine.
3. Let sit for at least 15 minutes before serving.
4. Store in the refrigerator for up to 5 days.

Variation: Substitute all seasonings for Nourish Program’s warm seasoning blend: 1 tablespoon smoked paprika, 2 teaspoon cinnamon, ½ teaspoon ginger, ½ teaspoon dry mustard powder, ½ teaspoon cayenne pepper, ½ teaspoon nutmeg, and ¼ teaspoon citric acid.

Nutrition Information (per portion/serving)

Calories: 30/Protein: 1 g/Carbohydrate: 7 g/Fiber: 1 g/Carbohydrate to fiber ratio: 7
Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g
Trans fat: 0 g/Sodium: 5 mg / Potassium: 25 mg / Added sugar: 0 g

Source: John “Wesley” McWhorter as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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