

## CRUNCHY MIXED REFRIGERATOR PICKLES

Everyone loves these pickled mixed vegetables, and they have never been easier to make. This refrigerated pickle requires no processing and yields one quart (1 L) jar. If you wish to make more of these delicious pickled vegetables, double or triple the recipe.

### TIPS

To wash cucumbers, hold them under cool running water and scrub with a vegetable brush to remove all grit from the crevices. Drain well.

When cutting or seeding hot peppers, wear rubber gloves to keep your hands from being burned.

If pickling liquid is fresh and has not been used to make pickles, pour it into a canning jar, cover with a plastic lid and refrigerate for use in your next batch of pickles. For best results, use within 2 weeks. Excess pickling liquid can also be added to coleslaw dressing, marinades or barbecue sauces.

### MAKES ONE QUART (1 L) JAR

1 cup	sliced trimmed pickling cucumbers (1-inch/2.5 cm slices)	250 mL
1 cup	cauliflower florets	250 mL
1/3 cup	sliced peeled carrots (1 1/2-inch/4 cm slices)	75 mL
1/3 cup	sliced trimmed green beans (1 1/2-inch/4 cm slices)	75 mL
1/3 cup	peeled pearl or pickling onions	75 mL
1/2	red bell pepper, seeded and cut into wide strips	1/2
1/2	green bell pepper, seeded and cut into wide strips	1/2
1	hot red pepper, such as cayenne or Fresno, halved lengthwise	1
2 cups	white vinegar	500 mL
2/3 cup	granulated sugar	150 mL
1 tbsp	mustard seeds	15 mL
1 1/2 tsp	celery seeds	7 mL

1. In a large glass or stainless steel bowl, combine cucumbers, cauliflower, carrots, green beans, onions, red and green bell pepper and hot pepper. Stir to mix evenly. Set aside.
2. In a stainless steel saucepan, combine vinegar, sugar, mustard seeds and celery seeds. Bring to a boil over medium-high heat. Reduce heat and boil gently for 3 minutes.
3. Pour pickling liquid over vegetable mixture. Cover with waxed paper and let stand until cooled to room temperature, about 30 minutes.
4. Pack vegetables into jar to within a generous 1/2 inch (1 cm) of top of jar. Ladle pickling liquid into jar to cover vegetables, leaving 1/2 inch (1 cm) headspace. Apply lids. For best results, allow cucumbers to marinate in refrigerator for at least 2 weeks and use within 3 months.