



Better Living for Texans

Food Stamp Nutrition Education

A joint project of Texas Cooperative Extension, Texas Department of Human Services, and USDA Food and Nutrition Service with funding support from USDA's Food Stamp program

Penny Hunter
Program Assistant
1517 West Front; Suite 116
Tyler, TX 75702
903/535-0885

Easy Refrigerator Pickles

What you need:

6 cups thinly sliced cucumbers (about 1 3/4 pounds)	1/2 teaspoon salt
2 cups thinly sliced onion	1/2 teaspoon mustard seeds
1 1/2 cups vinegar	1/2 teaspoon celery seeds
1 cup sugar	1/2 teaspoon ground turmeric

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Place half of cucumber in a large bowl; top with half of onion. Repeat layers with remaining cucumber and onion.
3. Combine vinegar and remaining ingredients in a medium saucepan; stir well. Bring to a boil over medium heat; boil 1 minute.
4. Pour hot mixture over cucumber and onion; let cool.
5. Cover and marinate in refrigerator at least 4 days, stirring twice each day.

YIELD: 7 cups.