

## Side Dish, Vegetables, Diabetic-Friendly

### Quick-Pickled Radishes

*This is a fast, easy way to add a little excitement to your vegetables; put them on the table and they'll be gone pretty quickly. I've adapted this recipe for radishes and carrots, but you can also do a quick pickle on cucumbers, cauliflower florets, or broccoli. Must be made 4 hours ahead of time.*

Recipe by Rebecca Silverman

Makes 4-6 servings

Price Per Serving: \$0.96

Prep Time: 10 minutes | Marinating Time: 4 hours

1 cup radishes

3-4 medium carrots

3/4 cup white vinegar, white wine vinegar, or apple cider vinegar

3/4 cup water

3 tablespoons sugar

2 teaspoons salt

Optional seasonings:

1/2-1 tsp red pepper flakes, depending on level of desired spiciness

Dash of garlic cloves, black peppercorns, fennel seeds, coriander seeds

Scrub the radishes and carrots; slice the tops off the radishes peel the carrots. Chop all vegetables into bite-sized pieces good for picking up with your fingers (for instance, halve the radishes and slice the carrots into sticks). Put the veggies in a heat-proof bowl (Pyrex, ceramic).

In a small pot, combine the vinegar, water, sugar, and salt. Bring to a boil, stirring occasionally, then pour the mixture over the radishes and carrots. Let the veggie-vinegar mixture come to room temperature before serving or putting in your refrigerator to get cold. Don't immediately put them into the refrigerator or they will get soggy. Will keep for five days in your refrigerator.

<b>Nutrition Facts</b>			
Serving Size 94 g			
<b>Amount Per Serving</b>			
Calories 50		Calories from Fat 1	
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 808mg			34%
<b>Total Carbohydrate</b> 11g			4%
Dietary Fiber 1g			5%
Sugars 9g			
<b>Protein</b> 0g			
Vitamin A 120%	•	Vitamin C 8%	
Calcium 2%	•	Iron 1%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com