



Easy Refrigerator Pickles

INGREDIENTS

- 8 larger or 10 smaller firm, fresh pickling cukes (Kirby)
- 3 tsp kosher, coarse, or pickling salt (if using a featherweight brand such as Diamond, use a little more)
- 1 to 2 Tbsp chopped fresh dill, or 1/2 to 1 tsp dill seeds
- 1/2 cup white vinegar
- Optional: garlic cloves (lightly crushed, with skins on); 1 tsp pickling spice, white onion (sliced paper thin); or a bay leaf.

DIRECTIONS

1. Slice cukes very thin. Place in a 1-liter lidded jar. Add salt and dill and optional ingredients and pour in white vinegar. Close the jar and give it a few shakes to begin distributing ingredients.
2. Don't worry if the liquid level in jar is low – soon the salt will draw moisture from the cukes and the liquid will balance out.
3. Place jar in fridge and shake it once or twice more over next few hours. Ideally, wait 6-8 hours before eating. Pickles will keep in fridge, submerged in brine, for 3 weeks.



**Vermont
Foodbank**
VT Fresh

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.