

# Quick Pickles

- Quick pickles, or fresh packed, must be stored in the refrigerator and are not shelf stable like canned pickles.
- The basic brine recipe will change based on how many cucumbers you have and the size of the storage container.
- Quick Pickles should be eaten within 2 weeks, but the longer they sit the softer and more salty they will become.
- If you are on a low-salt diet, consider making a smaller batch so you can finish them more quickly so they will not absorb as much salt from the brine.
- According to Cooking Light, the salt content in a store-bought pickle can be up to 25% less than what the label says, based on how long the pickles have been in the jar.

# Quick Pickles

Prep Time: 20 minutes



## Basic Pickle Brine ratio:

- Equal parts vinegar and water  
Ex. 1 cup water and 1 cup vinegar
- 1 Tablespoon salt for every 1 cup vinegar
- Seasoning options:  
Garlic cloves, black peppercorns, fresh dill sprigs, hot peppers, etc.

## Directions:

1. Slice cucumbers to your desired shape: thin slices, spears or keep small pickles whole.
2. Pack cucumbers in the container where they will be stored—in a mason jar, heat safe Tupperware, re-used jar, or a bowl
3. Find out how much brine you need: fill the container of cucumbers with water, make sure that that the cucumbers are covered. Pour the water into a measuring cup to see how much liquid you need to fill the container. For example, if you have 1 1/2 cups of water poured from the container, you will need 3/4 cup water and 3/4 cup vinegar and 3/4 Tablespoon of salt.
4. Make the brine: Add water, vinegar and other seasonings to a pot and bring to a **boil**. Pour brine over the pickles in the container and cover.
5. Let cool at room temperature then store in the refrigerator.

## Recipe Credit:

Kristen Elliott, RDN, LD