

# Louisiana HARVEST of the MONTH

## Dill Pickles

Home Recipe

Serves: 10  
Prep Time: 15 minutes

### Ingredients

- 12 to 14 Persian cucumbers or 8 to 10 small pickling cucumbers
- 4 garlic cloves, halved
- 2 tsp mustard seeds
- 2 tsp peppercorns
- a few good-sized dill sprigs, per jar
- 2 cups water
- 2 cups distilled white vinegar
- ¼ cup cane sugar
- 2 Tbsp sea salt

### Nutrients Per Serving

- **Calories** 74
- **Total Fat** 0.5 g
  - **Saturated Fat** 0.1 g
- **Cholesterol** 0 mg
- **Sodium** 166 mg
- **Carbohydrates** 15.5 g
  - **Dietary Fiber** 1.8 g
- **Protein** 2.3 g
- **Calcium** 61 mg
- **Iron** 1 mg
- **Potassium** 624 mg
- **Total Sugars** 8.3 g

### Cooking Instructions

- 1) Make spears: slice the cucumbers lengthwise into quarters. To make dill pickle chips, thinly slice them horizontally.
- 2) Divide the cucumbers among 4 (8-ounce) or 2 (16-ounce) jars. Divide the garlic, mustard seeds, peppercorns, and dill sprigs among each jar.
- 3) Heat the water, vinegar, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool slightly and pour over the cucumbers. Set aside to cool to room temperature, then store the pickles in the fridge.
- 4) Store for a few weeks for them to get nicely pickled but they taste great after about three days.



**For More Information**  
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