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.

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