Freezer Pickles

Recipe from Michigan FRESH

Ingredients:

6 cups thinly sliced cucumbers

1 large white or yellow onion, sliced thinly

2 Tbsp pickling salt

1 cup sugar

1 cup white vinegar

2 cloves garlic, minced

3 Tbsp dill seed

Directions:

- In a large bowl, combine cucumbers and onions; sprinkle with salt and let stand for 2 hours. Rinse under cold, running water and drain well.
- 2. In a large bowl, combine sugar, vinegar,



garlic and dill. Stir well to dissolve the sugar.

- 3. Add cucumbers and onion and mix thoroughly.
- 4. Pack into food-safe containers, leaving about 1 inch head space at the top of

Freeze for up to 6 months. Defrost in refrigerator for 8 hours before serving.

Spice up your pickles by adding 1 finely diced jalapeno or 1/2 tsp red pepper flakes in step 2

MICHIGAN STATE | Extension

Jane Rapin, RD, CDE

231-922-4858

Community Nutrition Instructor

rapinjan@msu.edu

Caitlin Lorenc, MA

231-882-9671

Community Nutrition Instructor

lorrenca@msu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.