

Overstocked Refrigerator Pickles

This recipe is perfect for anyone who has a ton of onions, leftover Swiss Chard stems, bits of green beans, spicy jalapenos or veggie bits you have lying around.

The frugal and savvy stocked up shoppers may have some odds and ends. DON'T TOSS those veggies. Today's scraps are tomorrow's pickles. These are **refrigerator pickles** and can be stored for 2-3 months in the fridge. They are not safe for storage at room temperature.

2 cloves garlic, peeled and sliced
1 jalapeno, sliced or a pinch of crushed red chili flakes
1 teaspoon mustard seeds, optional
½ teaspoon fennel seeds, optional
2 cups white vinegar
1 cup water
1/3 cup sugar
3 tablespoons kosher or sea salt

1 pound of items to be pickled (sliced onions, shallots, sliced green beans, Swiss Chard Stems, carrots, mushrooms, shredded cabbage etc...)

1. Simmer garlic, jalapeno, mustard seeds, fennel seeds, vinegar, water, sugar and salt until sugar and salt have dissolved.
2. Place items to be pickled in a jar. Pour hot pickling liquid over veggies. Allow to cool before covering and storing in the fridge.