



Pickled CAULILINI® baby cauliflower with Lemon and Bay

Servings

4

Calories

25

Prep Time

35 minutes

Total Time

12 hour

Skill Level

Medium

Ingredients

1 (10 ounce) bag Mann's CAULILINI® baby cauliflower

½ cup apple cider vinegar

½ cup water

1 teaspoons sea salt

Peel of one lemon, sliced into strips

2 large garlic cloves, sliced

⅓ teaspoon peppercorns

½ teaspoon mustard seeds

2 bay leave



The Method

In a large saucepan, combine apple cider vinegar, water and sea salt. Bring to a boil.

Place the lemon slices in the bottom of a quart jar and top with garlic clove slices, peppercorns, mustard seeds and bay leaves. Set aside.

When brine is boiling, add CAULILINI® baby cauliflower to the pot. Stir until the brine returns to a boil and remove from heat.

Using tongs, pack CAULILINI® baby cauliflower into the prepared jar and top with brine.

Place 2-3 slices of lemon strips on top of the CAULILINI® baby cauliflower and put a lid on the jar.

Let pickled CAULILINI® baby cauliflower sit out on counter until cool. Once they've reached room temperature, refrigerate jar.

Pickled CAULILINI® baby cauliflower is ready to eat within 12 hours, though they will continue to deepen in flavor the longer the rest.

Nutrition Facts

Serving Size: 141g | Servings: 4

Amount Per Serving

Calories 25 | Total Fat 0g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 600mg | Total Carbohydrate 5g | Dietary Fiber 2g |

Sugars 2g (Includes 0g Added Sugars) | Protein 1g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 4%

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