

## No-cook Kirby & Carrot Pickles

Prep about 10 minutes plus chilling

Yield: about 3 1/2 cups

- 1 garlic clove, cut in half
- ½ cup distilled white vinegar
- ½ cup sugar
- Salt
- 5 small Kirby (pickling) cucumbers (about 3 ounces each), unpeeled and cut crosswise into 1/4-inch-thick slices
- 2 large carrots (about 4 ounces each), peeled and cut crosswise into 1/4 inch thick slices

1. In large self-sealing plastic bag, combine garlic, vinegar, sugar, and ¾ teaspoon salt.
2. Add cucumbers and carrots to plastic bag. Seal bag, pressing out excess air. Shake bag to mix ingredients well. Place bag on plate; refrigerate overnight, turning bag occasionally.
3. After marinating overnight, drain pickles to serve, or if you like, spoon pickles with their liquid into jars with tight fitting lids and refrigerate up to 1 week.

>> Each ¼ cup, drained: About 15 calories, 0 g protein, 3 g carbohydrate, 0 g total fat, 1 g fiber, 0 mg cholesterol, 90 mg sodium.