

ZUCCHINI-SWEET PEPPER REFRIGERATOR PICKLES

Prep: 30 minutes *Stand:* 3 hours
Cool: 30 minutes *Chill:* 1 day

- 6 cups thinly sliced zucchini
- 3 cups thinly sliced red and/or green sweet peppers
- 1 cup thinly sliced red onion (1 large)
- 1 tablespoon kosher salt
- Cold water
- 3 cups sugar
- 3 cups cider vinegar
- 3 cups water

1. In an extra-large nonmetallic bowl combine zucchini, sweet peppers, and onion. Sprinkle vegetables with kosher salt; toss gently to coat. Add enough cold water to cover vegetables. Cover and let stand at room temperature for 3 hours.

2. Transfer vegetable mixture to a colander set in sink. Rinse with cold water; drain and set aside.

3. In a large stainless-steel, enamel, or nonstick heavy pot combine sugar, vinegar, and the 3 cups water. Bring to boiling, stirring to dissolve sugar. Remove from heat.

4. Pack vegetables into sterilized pint canning jars or other jars. Pour hot vinegar mixture over vegetables, making sure to

cover vegetables. Cool for 30 minutes. Wipe jar rims; adjust lids and screw bands. Chill for 1 to 2 days before serving. Store in the refrigerator for up to 1 month. Makes 7 pints.

Per $\frac{1}{4}$ cup: 49 cal., 0 g fat, 0 mg chol., 28 mg sodium, 12 g carb., 0 g fiber, 0 g pro.

SPICY-SWEET PICKLED THREE-BEAN SALAD

Prep: 1 hour *Process:* 15 minutes
Stand: 1 week

- $\frac{1}{2}$ pounds fresh green beans, trimmed and cut into $\frac{1}{2}$ -inch pieces
- Ice water
- $\frac{1}{2}$ pounds fresh wax beans, trimmed and cut into $\frac{1}{2}$ -inch pieces
- 2 15- to 16-ounce cans dark red kidney beans, rinsed and drained
- $2\frac{1}{2}$ cups chopped red sweet peppers (2 large)
- 2 cups chopped onions (2 large)
- 2 fresh jalapeño chile peppers, finely chopped (see tip, page 11)
- $4\frac{1}{2}$ cups sugar
- 3 cups white vinegar
- $2\frac{1}{4}$ cups water
- $\frac{3}{4}$ cup cider vinegar
- $\frac{3}{4}$ cup red wine vinegar
- $\frac{1}{2}$ tablespoons pickling salt

