

Refrigerator Zucchini Pickles

YIELD: 2 PINTS

PREP TIME: 15 MINUTES MINS

COOK TIME: 5 MINUTES MINS

CHILLING TIME: 1 HOUR HR

TOTAL TIME: 20 MINUTES MINS

These quick zucchini pickles are a little sweet, a tad spicy, and the perfect way to use up that zucchini harvest. A great alternative to traditional cucumber pickles!

- $\frac{1}{2}$ cup (120 ml) water, *room temperature*
- **2 tablespoons** + $\frac{1}{2}$ teaspoon kosher salt
- **1** medium zucchini, *about 1 pound, sliced $\frac{1}{8}$ -inch thick*
- **1** small yellow onion, *sliced $\frac{1}{8}$ -inch thick*
- **3** ice cubes
- **2 cups** (480 ml) apple cider vinegar
- **1 cup** (198 g) granulated sugar
- **1½ teaspoons** ground mustard
- **1½ teaspoons** mustard seed
- **$\frac{3}{4}$ teaspoon** turmeric
- **$\frac{1}{2}$ teaspoon** crushed red pepper flakes, *optional*

Instructions

- In a small bowl, stir together the water and kosher salt until the salt has dissolved.
- Place the zucchini and onion into a gallon zipper freezer bag. Add the water and salt solution, the ice cubes, and additional cold water to cover the zucchini and onions. Stir to combine. Seal the bag and allow to sit for 1 hour.
- Meanwhile, combine the vinegar, sugar, mustards, turmeric and red pepper flakes in a small saucepan over medium heat. Simmer for 3 minutes, stirring occasionally to be sure that the sugar dissolves, then remove from the heat and set aside.
- Drain the zucchini mixture in a colander and remove all excess moisture, either by putting it through a salad spinner or rolling it up in a clean kitchen towel lined with paper towels.
- Place the zucchini mixture in a large jar (or multiple smaller jars) and pour the pickling liquid over top, ensuring that all of the zucchini mixture is covered in liquid. Place the lid on the jar and refrigerate for at least 1 day before serving. The pickles can be stored in the refrigerator for up to 2 months.

Notes

- **Zucchini:** Use small to medium-sized zucchini for pickles that have more crunch and smaller seeds.
- **Pickling Liquid:** See above for suggestions on how you can change the flavors!
- **Jars:** You can store this entire recipe in a [quart-size jar](#) or you can divide it between two [pint-size jars](#).
- **Storage:** These pickles will keep in your refrigerator for up to 1 month.
- **Long-Term Storage:** This pickle recipe is not meant for long-term storage, so you should not can it or store it at room temperature for any length of time.

Nutritional values are based on the whole recipe.

calories: **251kcal**, carbohydrates: **42g**, protein: **5g**, fat: **3g**, sodium: **3546mg**, potassium: **884mg**, fiber: **5**, sugar: **31g**, vitamin a: **690IU**, vitamin c: **43.2mg**, calcium: **85mg**, iron: **2.8mg**