

Chilled Garlic Refrigerator Pickles

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| Makes 1-2 servings (1 vegetable) |
| 2 grams protein |
| 0 fat |
| 50 calories |

Ingredients

- One medium cucumber, sliced into rounds
- 4 cloves of garlic, thinly sliced
- ¼-½ cup apple cider vinegar
- 3 tablespoons lemon juice
- Sea salt

Directions

1. Mix liquid ingredients together.
2. Salt cucumber slices well.
3. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers.
4. Pour apple cider vinegar and lemon juice into container until liquid covers the slices.
5. Refrigerate overnight.

Pickles can be refrigerated for up to 4 days, or marinate cucumber slices in salt, vinegar and garlic, then use a pickle press or weighted plate to press out excess liquid.

