



Sparkle Kitchen

Pickled Beets and Red Onions with Honey

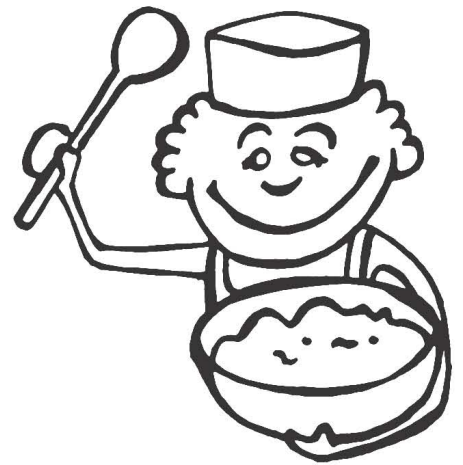
Ingredients

- 2 cups boiled beets (leftover), cut into wedges
- 1 small raw red onion, peeled and sliced
- 1 cup apple cider vinegar
- 1/2 cup water
- 1/4 cup honey
- 1/4 teaspoon whole clove
- 1/4 teaspoon whole allspice
- 1 bay leaf
- 1 clean quart jar

Directions

Add layers of onions and beets to the jar, packing the vegetables as tightly as you can. As you, go, sprinkle in the clove, allspice, and bay leaf. In a small pot, bring the vinegar, water, honey, and salt to a boil. Pour into the jar. Allow to cool, put on a lid, and refrigerate overnight. (Or you may decide to can it, following the instructions on the FoodinJars website).

The next day, serve! Delicious with salad and goat chevre or just as a little pickled relish with your meal!



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Pickled Green Beans with Spicy Peppers

Ingredients

- 2 1/2 -3 cups (3/4 lb) trimmed green beans, either fresh or cooked
- 4 cloves garlic, sliced
- 2 cups white vinegar
- 2 tablespoons coarse salt
- 1 tablespoon black peppercorns
- 2 teaspoons sugar
- 2 dried or fresh red chiles (we used little red Thai peppers)

Directions

Pack clean quart jars with green beans and garlic. In a small pan, bring vinegar, salt, peppercorns, sugar, and chiles to a boil. Pour the brine into the jar. Allow to cool, put on a lid, and refrigerate overnight.

The next day, these spicy little green beans will be ready to share! (Be warned: the longer they marinate, the spicier they get.) We love to eat them just like regular pickles – with sandwiches or hamburgers!

Enjoy!