

These Pickled vegetables are unbelievable! It's a great snack that's low fat & calories, not to mention delicious!

### Pickled Vegetables - Atjar

- 2 cucumbers
- 2 carrots
- 2 green peppers
- 8 small white onions
- 1/2 cup chopped onions
- 3 minced garlic cloves
- 1 1/2 tsp. turmeric
- 1/2 tsp. dried ground chili peppers
- 2 tsp. powdered ginger
- 2 tsp. salt
- 1/4 cup ground almonds
- 2 tbs. sugar
- 3 cups white vinegar
- 1 cup water

Peel the cucumbers and carrots; slice thin. Cut the green peppers in 1/2-inch strips; quarter the onions lengthwise. Cover the vegetables with boiling water, let stand 1 minute, then drain.

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Pickling is one area of canning where it is essential to have top-quality ingredients and to follow proper procedures to achieve satisfactory results.

[Gourmet Cookie Bouquets](#) offers design cookies, cookie arrangements, cookie tins and bouquet delivery for birthday, get well, thank you and corporate gift occasions.

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**Price: \$60.00**

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Pound or chop together the chopped onions, garlic, turmeric, chili peppers, ginger, salt, almonds, and sugar. Combine with the vinegar and water and vegetables in a saucepan. Bring to a boil and cook 10 minutes; cool and let pickle 12-24 hour before serving.