

Farm Market Recipe



Pickled Asparagus

Ingredients:

- 1 pound fresh asparagus, trimmed
- 3 cloves garlic, thinly sliced
- 2 teaspoons black peppercorns
- 2 sprigs dill
- 1 teaspoon crushed red pepper (Optional)
- 1¼ cups distilled white vinegar
- 1¼ cups water
- ½ cup sugar
- 2 tablespoons salt

Directions:

1. Place asparagus spears tips-down in a 1-quart lidded jar. Add garlic, peppercorns, dill and crushed red pepper, if using.
2. Combine vinegar, water, sugar and salt in a small saucepan; bring to a boil over medium-high heat. Boil, stirring occasionally, until the sugar is dissolved, about 3 minutes. Remove from heat.
3. Carefully pour the vinegar mixture over the asparagus mixture in the jar; screw the lid on tightly. Immediately place in the refrigerator. Chill for at least 8 hours.

Nutrition Facts:

Servings: 6 Serving Size: 4 spears

Per Serving: calories 24; protein 2g; carbohydrates 5g; dietary fiber 1g; sugars 3g; total fat 0g; calcium 17mg; iron 1mg; sodium 301mg.

Recipe from eatingwell.com