

Ingredients:

Mexican Pickled Vegetables

- 1 pound red potatoes cubed
- 3 medium carrots peeled and sliced
- 2 jalapeño peppers stemmed and cut into thick slices
- 2 cloves garlic thinly sliced
- 2 bay leaves
- 1 bell pepper cut into strips
- 1/2 medium onion cut into strips
- 1 cup cider vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon sugar

Directions:

1. Wash your hands with soap and warm water.
2. Place potatoes in a saucepan with ¼-inch of water (or place in a steamer basket). Bring water to a boil; cover and steam for 5 minutes.
3. Add carrots; cover and steam for 5 minutes more or until potatoes are tender. Remove from heat and run under cold water to quickly cool vegetables.
4. Place in a large bowl/jar or resealable bag with all remaining ingredients. Cover and refrigerate for at least 1 hour or overnight, stirring occasionally.
5. Serve chilled.

Nutrition Facts (Per Serving)

Calories, 65; Carbohydrate, 14 g; Protein, 2 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 3 g; Sodium, 175 mg; Calcium, 23 mg; Folate, 19 mcg; Iron, 1 mg; Percent Calories from Fat, 0%.

Makes 8 servings, approximately 1 cup each.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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