Champagne Asparagus Pickles



Makes: about 1 pound of pickles



Total Time: 10 minutes active, plus 24 hours Ingredients:

1 lb. fresh asparagus, washed, tough ends removed
3 sprigs fresh dill
2 cups D'Avolio's Champagne Wine Vinegar
1/8 cup kosher salt
2 Tbsp. white sugar
3 dried chilies, such as chiles de arbol
6 cloves garlic, peeled and crushed
1 Tbsp. whole peppercorns, any color
1 Tbsp. whole mustard seeds
2 cups water

PREPARATION

- 1. Place asparagus spears and dill in a large, clean jar (about 24 oz.) or sealable glass container.
- 2. In medium saucepan, combine remaining ingredients. Bring to a boil, stirring to dissolve sugar and salt. Simmer for about 10 minutes, then remove from heat and cool to lukewarm. Pour brine over asparagus and dill, then cover tightly and refrigerate for 24 hours for a more mild pickle, or longer for stronger pickles. Store in refrigerator and use within 5 days.

Serve as you would a cucumber pickle, as a snack, or as a topping for sandwiches or salads.

Nutrition: 12 calories; 0g fat; 3g carbohydrates; 0g protein; 550mg sodium



WWW.HEALTHYOPTIONSBUFFALO.COM