

Quick Pickled Turnips and Beets

12 servings

Pink pickled turnips are a staple condiment in the Middle East, often served with appetizer platters or alongside dishes such as hummus, flatbread, falafel, and kebabs. The secret to a pretty pink hue is the red beet which turns the white turnips into varying shades of pink..

- 1 pound turnips, scrubbed with clean vegetable brush under running water, cut into ¼-inch thick sticks
- 1 medium beet, scrubbed with clean vegetable brush under running water, cut into ¼-inch thick sticks
- 1 cup apple cider vinegar
- 1 cup water
- ⅓ cup honey
- 1 teaspoon salt

1. Wash hands with soap and water.
2. Place turnips and beets in clean canning jars or a glass container with a tight-fitting lid.
3. In a medium saucepan, combine apple cider vinegar, water, honey, and salt. Bring to a boil. Carefully pour the liquid into the jars, making sure to completely cover the turnips and beets.
4. Close the jar tightly and let sit at room temperature to cool, for about one hour, before transferring to the refrigerator.
5. Refrigerate overnight before serving.
6. Serve with your favorite vegetable platter, on a salad, or on a sandwich.
7. Store leftovers in the refrigerator for up to four weeks.



Nutrition Information per Serving (⅓ cup): Calories 35, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 210mg, Total Carbohydrates 10g, Fiber 1g, Total Sugars 9g, includes 8g Added Sugars, Protein 0g, Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%.