

# Crisp Pickled Green Beans

## Ingredients:

- 2 1/2 pounds fresh green beans
- 2 1/2 cups distilled white vinegar
- 2 cups water
- 1/4 cup salt
- 1 garlic clove, peeled
- 1 bunch fresh dill weed
- 3/4 teaspoon red pepper flakes

## Directions

1. Sterilize 6 jars with rings and lids; keep hot. Trim green beans to 1/4-inch shorter than jars.
2. In large saucepan, stir together vinegar, water, and salt. Add garlic and bring to rolling boil over high heat. In each jar, place 1 sprig of dill and 1/8 teaspoon of red pepper flakes. Pack green beans into jars so they stand vertically.
3. Ladle boiling brine into jars, leaving a 1/4-inch space at the top.
4. Discard garlic. Seal jars with lids and rings. Place in a hot water bath so they are covered by 1-inch of water.
5. Simmer for 10 minutes to process. Cool to room temperature. Test jar's seal by pressing on the center of the lid; it should not move. Refrigerate any jars that do not seal properly. Let pickles ferment 2 – 3 weeks before eating.

## Nutrition Facts

Serving Size (369g)  
Servings Per Container 6

Amount Per Serving

Calories 60      Calories from Fat 5

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 13g      4%

Dietary Fiber 5g      20%

Sugars 6g

Protein 4g

Vitamin A 30%      • Vitamin C 40%

Calcium 8%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

