

# Zucchini Dill Pickles

From BonAppetit.com

Cut to look like cucumber spears, zucchini make terrific pickles. Serve them with your favorite burger or sandwich.

## Ingredients

- 2 pounds small zucchini (preferably about 4 or 8 inches long), trimmed
- 4 tablespoons coarse sea salt or pickling salt, divided
- 12 fresh dill sprigs
- 2 teaspoons yellow or brown mustard seeds
- 1 teaspoon coriander seeds
- 1 teaspoon dill seeds
- 1/4 teaspoon saffron threads
- 4 garlic cloves, halved
- 4 red jalapeños or Fresno chiles, split lengthwise
- 2 1/2 cups white wine vinegar
- 1/4 cup sugar



## Preparation

- If using 4 inch zucchini, halve lengthwise. If using 8 inch zucchini, halve crosswise, then quarter lengthwise. Place in a large bowl. Add 2 Tbsp. salt and 4 cups ice. Add cold water to cover. Top with a plate to keep submerged. Let sit for 2 hours. Drain; rinse.
- Divide dill sprigs and next 6 ingredients between 2 clean, hot 1-quart jars; set aside.
- Bring vinegar, sugar, remaining 2 tablespoons salt, and 1 1/4 cups water to a boil in a large saucepan. Working in batches, add zucchini and cook, stirring occasionally, until khaki in color and slightly pliable, about 2 minutes. Using tongs, transfer zucchini to jars.
- Divide hot syrup between jars to cover zucchini, leaving 1/2 inch space on top. Wipe rims, seal, and process in boiling water bath for 10 minutes. Allow at least a week to pickle before eating.

- **nutritional information**

1/3 cup contains:

Calories (kcal) 30.2

Fat (g) 0.0

Carbohydrates (g) 7.1

Dietary Fiber (g) 1.0

Protein (g) 0.9

Sodium (mg) 147.9