



SNACKS | PEAK SEASON: Summer

Sweet & Tangy Pickled Apple-Beet-Carrot Relish for Salad Greens

Recipe by: Chad Cherry

Yields: 1 quart

Prep Time: 20 minutes

Pickling Time: Minimum 6 hours (ideal after 24 hours)

Served: Chilled, over field greens

Nutritional Info

Per serving- ¼ cup

Recipe makes 16 servings

Calories: 15

Carbs: 3.5g

Fiber: 1g

Protein: 0.2g

Fat: 0g

Sugars: 2.5g

Sodium: 180mg

Ingredients

- 1 crisp apple, julienned (e.g., Honeycrisp or Fuji)
- 1 medium beet, peeled and julienned or spiralized
- 1 large carrot, peeled and julienned
- ½ cup grape tomatoes, halved
- 2 garlic cloves, thinly sliced
- 1 tsp mustard seeds
- 1 ½ tsp kosher salt
- 2 tbsp organic cane sugar
- ¾ cup apple cider vinegar
- ¾ cup water
- ½ tsp red pepper flakes (adjust to taste)
- 2 tbsp fresh dill, chopped (or 1 tsp dried)

Instructions

1. Prep the vegetables and aromatics:

- Julienne the apple, beet, and carrot (about matchstick size).
- Halve the grape tomatoes and thinly slice the garlic.
- Toss them together in a medium bowl or wide-mouth quart jar with dill.

2. Make the pickling brine:

- In a small saucepan, combine apple cider vinegar, water, salt, sugar, mustard seeds, red pepper flakes, and garlic slices.
- Bring to a simmer just until the sugar and salt are dissolved (do not boil).
- Let cool for 5–10 minutes so it doesn't cook the apples or tomatoes.

3. Combine and chill:

- Pour the warm (not hot) brine over the vegetables.
- Gently press down to ensure everything is submerged. Use a fermentation weight or small lid if necessary.
- Let it cool to room temperature, then seal and refrigerate.

4. Wait & Serve:

- Let sit for **at least 6 hours**, ideally overnight.
- Serve over a bed of **field greens or spring mix**, optionally with a drizzle of olive oil or a spoonful of the brine as dressing.

Additional Info

- Add thinly sliced red onion for extra bite.
- For extra salad texture, top with toasted sunflower seeds or crumbled feta.
- Keep refrigerated; best consumed within 7–10 days.

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