

HERB-FENNEL PICKLES

Recipe credit: By Letitia L. Star

Fennel's delicate flavor blends well with rosemary and tarragon. Fennel pickles are wonderful on crisp summer salads.

15 MINUTES PREP TIME ■ MAKES ABOUT 2 CUPS

- 2 c fresh fennel bulb, thinly sliced
- 1–2 fresh rosemary sprigs OR 1–2 Tbsp dried rosemary
- 1–2 fresh tarragon sprigs OR 1–2 Tbsp dried tarragon
- 1 Tbsp salt or salt substitute
- 1 c vinegar
- 1 c cold water

1. In a clean glass jar, pack in fennel and herbs until jar is $\frac{1}{2}$ full.
2. Gently heat salt and vinegar in a small saucepan for a few seconds until salt has dissolved. Remove from heat and add cold water.
3. Let liquid cool and then pour mixture in jar. Add additional cold water as needed to cover fennel. Leave room at top.
4. Refrigerate for at least one hour before serving. Keep refrigerated and eat within a week.

Per N-cup serving: 9 Calories, 2 g Carbohydrates, 1 g Fiber, 0 g Total fat, 885 mg Sodium