

PICKLED DILL CAULIFLOWER



SERVING SIZE

4



INGREDIENTS

ITEM

Large Head Cauliflower, Cut Into Florets
Garlic Cloves, Smashed
Small Red Bell Pepper, Chopped
Fresh Dill Sprigs
Mustard Seeds

QUANTITY

1
4
1
4
2 Tsp.

ITEM

Black Peppercorns
White Distilled Vinegar
Water
Kosher Salt
Truvia Sweetener

QUANTITY

2 Tsp.
2 Cups
2 Cups
1 Tbsp.
2 Tsp.



PREPARATION

- Place cauliflower florets, garlic, chopped red bell pepper, and fresh dill evenly into a large clean jar or container.
- In a medium saucepan, combine vinegar, water, mustard seeds, peppercorns, salt, and Truvia.
- Bring the mixture to a boil, then reduce heat and simmer for 2-3 minutes, stirring to dissolve the salt and sweetener.
- Carefully pour the hot brine over the cauliflower mixture in the jar, making sure all vegetables are fully submerged.
- Let the jar cool to room temperature uncovered, then seal with a lid and refrigerate for at least 24 hours to allow flavors to develop.
- Serve chilled as a zesty and crunchy side dish.