

Homemade Keto Zucchini Pickles

Description

These pickles are a tasty delight. You will enjoy it.

Prep time: Fifteen minutes

Total time: Two hours twenty minutes

Servings: 2 jars

Ingredients

- 2.2lb of small zucchini, sliced
- 2 medium yellow onions, sliced (220 g/ 7.8 oz)
- 1/4 cup of salt (2.5 oz)
- 2 teaspoons of celery seeds
- 1 teaspoon of mustard seeds
- 1 teaspoon of ground turmeric
- 1/2 teaspoon of mustard powder
- 2 1/4 cups of apple cider vinegar (18 Fl oz)

Instructions

1. Cut off the ends of the zucchini and then slice the zucchini thinly using a mandolin or knife. Dice the onions into small wedges. Pour the zucchini and onions into a bowl and sprinkle with salt.
2. Cover the mixture with water and set aside for an hour. Then drain.
3. Next, combine the spices and vinegar in a saucepan. Place overheat until it boils, then remove from the heat source.
4. Add the zucchini in vinegar and set aside for one hour. Place the saucepan overheat until it boils. Decrease the heat and let it simmer for about three minutes.
5. Transfer into jars and top with the vinegar blend. Seal the jars. Can be stored in the refrigerator for about two months.