Mexican Pickled Vegetables

Served as an appetizer or a healthy snack, you'll love these spicy vegetables!

Makes 8 servings. *1 cup per serving.* | **Prep time:** 15 minutes | **Cook time:** about 20 minutes
Chill time: best if chilled for at least 1 hour

- **1 pound red potatoes (about 4 medium potatoes), cut into cubes**
- **3 medium carrots, peeled and sliced**
- **2 jalapeño peppers, stemmed and cut into thick slices**
- **2 cloves garlic, thinly sliced**
- **2 bay leaves**
- **1 bell pepper, cut into strips**
- **½ medium onion, cut into strips**
- **1 cup cider vinegar**
- **1 teaspoon dried oregano**
- **½ teaspoon salt**
- **½ teaspoon sugar**

1. Place potatoes in a saucepan with ¼-inch of water (or place in a steamer basket). Bring water to a boil; cover and steam for 5 minutes.
2. Add carrots; cover and steam for 5 minutes more or until potatoes are tender. Remove from heat and run under cold water to quickly cool vegetables.
3. Place in a large bowl/jar or resealable bag with all remaining ingredients. Cover and refrigerate for at least 1 hour or overnight, stirring occasionally.
4. Serve chilled.

Nutrition information per serving:

Calories
60

Carbohydrate
15 g

Dietary Fiber
3 g

Protein
1 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
170 mg