

Microwave Bread and Butter Pickles

Donna Chandler - Jensen Beach, FL

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Start to Finish Time: 10 minutes

2 cups sliced cucumbers, `
1 medium onion, sliced
1 cup sugar or sugar substitute
1/2 cup white vinegar
1/4 teaspoon mustard seed
1/4 teaspoon turmeric
1/2 teaspoon celery seed

Place all of the ingredients in a microwave-safe bowl. Mix well.

Cook on HIGH for 4 minutes. Stir.

Cook on HIGH for another 4 minutes. Stir.

Cook on HIGH for 2 minutes. Let sit until cooled.

Refrigerate until ready to serve.

Serve chilled.

Per Serving (excluding unknown items): 100 Calories; 1g Fat (8.0% calories from fat); 3g Protein; 24g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fat; 1/2 Other Carbohydrates.