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Prevent and Protect  
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## **DILLY CARROTS**

*(EatingWell: July/August 2010)*

*Yields about 12 cups – Separate into 6 pint jars*

2 ½ Pounds of Carrots  
12-24 Sprigs fresh dill  
3-6 Whole/Large cloves garlic - sliced  
3 Cups distilled white vinegar, or cider vinegar  
3 Cups water  
2 Tablespoons plus 2 teaspoons sea salt  
2 Tablespoons sugar

### **Preparation:**

- Place a large bowl of ice water next to the stove.
- Bring a large pot of water to a boil. Add half of the carrot sticks, cover, return to a boil and cook for 2 minutes. Use a slotted spoon to transfer the carrots to the ice water to cool. Repeat with the remaining carrots.
- Drain the cooled carrots and divide among 6 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids.
- Divide the dill and garlic among the containers.
- Combine vinegar, 3 cups of water, salt and sugar in a large saucepan. Bring to a boil and stir until the salt and sugar dissolve. Boil for 2 minutes. Remove from heat.
- Carefully fill jars (or containers) with the water/vinegar mixture to within ½ inch of the rim, covering the carrots completely. (Discard any leftover liquid)
- Place the lids on the jars (or containers). Refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 1 month.