**Quick Pickles, aka Quickles**

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Makes 1 Jar  
**Prep Time:** 15 minutes  
**Rest Time:** 3 hours

**Supplies:**  
✓ Mixing bowl  
✓ Fork or whisk  
✓ Measuring cups  
✓ Measuring spoons  
✓ Cutting board  
✓ Knife  
✓ Pint-sized jar with a lid

**Ingredients:**  
- 1 large, or 2 small, cucumbers  
- 1 ½ tablespoons sugar  
- ½ cup cool or room temperature water  
- ½ teaspoon red pepper flakes  
- ½ cup rice vinegar  
- 2 sprigs fresh dill  
- 1 ½ teaspoons salt  
- 2 cloves garlic, peeled and smashed  
- 1 teaspoon black pepper  
- 1 bay leaf

**Slice Your Pickles Into Spears:**  
1) Slice your cucumber in half lengthwise.  
2) Slice the halves into quarters, then slice the quarters into eighths.

**Prepare Your Brine:**  
1) In a mixing bowl, combine the water, vinegar, sugar, salt, and red pepper flakes.  
2) Stir until most of the salt has dissolved.  
3) Set aside.

**Jar Everything:**  
1) Place the cucumber spears in a jar.  
2) Top the cucumbers with the dill and garlic.  
3) Slide the bay leaf into the side of the jar.  
4) Pour all the liquid into the jar so the cucumbers are fully submerged. Place the lid on.  
5) Refrigerate for 3 hours. If refrigerated, these will keep for 3 weeks.

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Adapted from: onceuponachef.com  
For CalFresh or Food Bank information, call (805) 238-4664.