

## Middle Eastern Pickled Cauliflower



**Looking for something “free” to nosh?  
Give this unique recipe a try!**

**Ingredients:**

- 1 cauliflower, cut into florets or
- 1 pound bag of frozen cauliflower, defrosted
- 1 medium raw beet, quartered and sliced
- 4-6 cloves of garlic, peeled

For the pickling liquid:

- 5 cups boiling water
- 1 cup white vinegar
- 3 tablespoons salt

**Instructions:**

1. Mix the pickling liquid until salt is completely dissolved.
2. In large, heat proof jars, layer the cauliflower, beets and garlic until the jars are packed, then pour the pickling liquid over it and seal.
3. Leave on the counter overnight then refrigerate. The pickles will be ready after 3-4 days.

**Makes 4 servings - count each serving as free.**

Note: Avoid this recipe the day before your weigh in, as it can temporarily bloat you.