**Pickled Carrots**

**Ingredients:**

4 cups julienned carrots

2 tbs. oil of your preference (mustard, olive, canola etc.)

2 tsp. onion seeds (or fennel seeds, fenugreek seeds, coriander seeds etc.)

2 tsp. ground chili (or paprika if you want less heat/spice)

1 tsp. turmeric

1 tsp. salt

1/3 cup vinegar

**Instructions:**

1. Wash and soak your whole carrots (soak for 10-15 minutes)
2. Cut ends of carrots and lightly scrape the skins to keep the fibre but get rid of the “hairs”
3. Cut/julienne the carrots to your preferred size and add to a mixing bowl
4. Add oil, seeds, ground chili pepper, turmeric, and salt. Mix well.
5. Add vinegar and mix everything together
6. Transfer everything to an airtight container and let sit overnight. Carrots will be ready to use in the morning.

**Note**: You can try different types of vegetables to pickle such as cauliflower, horseradish, onions, green beans etc. If you prefer your vegetables to be softer, you can blanch your veggies beforehand.

**Description**: Carrots are a good source of carotene, and fibre which is necessary for many body functions. This “cooking” process is called fermentation which is great for our overall gut health.

**Yields** 4 cups of carrots= 8 vegetable servings