

Reduced-Sodium Sweet Pickles

4 pounds (3- to 4-inch) cucumbers, sliced

Brining solution:

1 quart distilled white vinegar

1 tablespoon canning salt

1 tablespoon mustard seed

½ cup sugar

Canning syrup:

1²/₃ cups distilled white vinegar

1 tablespoon whole allspice

3 cups sugar

2¼ teaspoon celery seed

Yield: About 4 to 5 pints

Procedure: Wash cucumbers and cut 1/16-inch slices off blossom ends and discard. Cut cucumbers into 1/4-inch slices. In a large saucepot, mix the ingredients for the brining solution. Add the cut cucumbers, cover and simmer until the cucumbers change color from bright to dull green (about 5 to 7 minutes). At the same time, mix canning syrup ingredients in a saucepan. Bring syrup to a boil. Drain the cucumber slices. Pack cucumbers in jars, leaving 1/2-inch headspace. Fill jars to 1/2 inch from top with hot canning syrup. Remove air bubbles. Wipe jar rims. Adjust lids. Process pints for 10 minutes in a boiling water bath.