

Prep Time: 20 minutes

Pickling Time: 2–24 hours (minimum 2 hours for best flavor)

Total Time: 2 hours 20 minutes (active: 20 minutes)

Table of Contents



- [Why This Recipe Works](#)
- [Ingredients](#)
 - [For the Salad](#)
 - [For the Brine](#)
- [Equipment](#)
- [Instructions](#)
 - [Step 1: Prepare the Vegetables \(10 minutes | Low intensity\)](#)
 - [Step 2: Make the Brine \(5 minutes | Low intensity\)](#)
 - [Step 3: Combine and Toss \(3 minutes | Low intensity\)](#)
 - [Step 4: Pack and Pickle \(2 minutes active | Passive: 2–24 hours\)](#)
 - [Step 5: Finish and Serve \(1 minute | Low intensity\)](#)
- [Intensity Guide](#)
- [Recipe Notes and Variations](#)
- [Nutrition Information \(per serving, approximately ¾ cup\)](#)

Why This Recipe Works

This vibrant, crunchy salad combines three anti-inflammatory powerhouses—cucumbers, onions, and bell peppers—with a tangy apple cider vinegar brine enhanced by turmeric, ginger, and garlic. These ingredients are celebrated in anti-inflammatory eating patterns for their antioxidant content, particularly quercetin (onions), vitamin C (bell peppers), and curcumin (turmeric). The result is a bright, refreshing side dish that pairs beautifully with grilled proteins, grain bowls, or simply enjoyed on its own.

Ingredients

For the Salad

- 2 medium cucumbers (about 1 lb / 450 g), thinly sliced (English or Persian cucumbers preferred)
- 1 medium red onion (about 8 oz / 225 g), halved and thinly sliced
- 1 large red bell pepper (about 7 oz / 200 g), stemmed, seeded, and thinly sliced
- 1 large yellow or orange bell pepper (about 7 oz / 200 g), stemmed, seeded, and thinly sliced
- 2 garlic cloves, thinly sliced
- 1-inch piece fresh ginger, peeled and julienned

For the Brine

- $\frac{3}{4}$ cup (180 ml) apple cider vinegar (with “the mother” if available)
- $\frac{1}{4}$ cup (60 ml) water

- 2 tablespoons (30 ml) extra-virgin olive oil
 - 1 tablespoon (15 ml) raw honey or maple syrup (optional, to balance acidity)
 - 1 teaspoon fine sea salt
 - ½ teaspoon ground turmeric
 - ¼ teaspoon freshly ground black pepper
 - ¼ teaspoon red pepper flakes (optional, for heat)
 - 1 teaspoon whole mustard seeds (optional)
 - 2 tablespoons fresh dill or parsley, chopped (for finishing)
-

Equipment

- Chef's knife and cutting board
- Large mixing bowl

- Small saucepan
 - Whisk
 - Glass jar or airtight container (1-quart / 1-liter capacity)
 - Measuring cups and spoons
-

Instructions

Step 1: Prepare the Vegetables (10 minutes | Low intensity)

Wash all produce thoroughly. Thinly slice the cucumbers into $\frac{1}{8}$ -inch rounds—a mandoline works well, but a sharp chef's knife is fine. Halve the red onion and slice it as thinly as possible. Core and seed both bell peppers, then slice them into thin strips about $\frac{1}{8}$ -inch wide. Thinly slice the garlic cloves and julienne the ginger.

Tip: Keep slices uniform so the vegetables pickle evenly and absorb the brine at the same rate.

Step 2: Make the Brine (5 minutes | Low intensity)

In a small saucepan over medium heat, combine the apple cider vinegar, water, olive oil, honey (if using), sea salt, turmeric, black pepper, red pepper flakes, and mustard seeds. Warm the mixture for 3–4 minutes, whisking gently, until the salt and honey dissolve completely. Do not let it boil—you want the brine hot, not simmering vigorously. Remove from heat and let it cool for 2 minutes.

Why this matters: Warming the brine helps the salt and honey dissolve and encourages the vegetables to absorb flavor faster, while turmeric disperses evenly rather than clumping.

Step 3: Combine and Toss (3 minutes | Low intensity)

Place the sliced cucumbers, onion, bell peppers, garlic, and ginger in the large mixing bowl. Pour the warm brine over the vegetables and toss thoroughly with clean hands or a large spoon until everything is evenly coated. The vegetables will soften slightly as they sit.

Step 4: Pack and Pickle (2 minutes active | Passive: 2-24 hours)

Transfer the salad and all its brine into a clean glass jar or airtight container, pressing the vegetables down so they’re submerged. Seal the lid. Refrigerate for at least 2 hours for a quick pickle, or up to 24 hours for deeper flavor. The salad is best after 4-6 hours, when the onions have mellowed and the peppers have absorbed the brine.

Storage note: Keep refrigerated and consume within 5-7 days. The flavor intensifies over time; after 24 hours, the vegetables remain crisp but become more tangy.

Step 5: Finish and Serve (1 minute | Low intensity)

Before serving, stir in the chopped fresh dill or parsley. Taste and adjust—add a pinch of salt if needed, a drizzle of olive oil for richness, or a teaspoon of honey if the brine is too sharp. Serve chilled or at cool room temperature.

Intensity Guide

Phase	Time	Intensity Level	Description
Vegetable prep	10 min	Low	Knife work, steady pace
Brine making	5 min	Low	Gentle warming, whisking
Tossing	3 min	Low	Mixing by hand

Phase	Time	Intensity Level	Description
Pickling	2-24 hrs	Passive	No active work
Finishing	1 min	Low	Stir and taste

Total active time: ~20 minutes | Overall intensity: Low—suitable for beginners and relaxed cooking sessions.

Recipe Notes and Variations

- Cucumber choice: English or Persian cucumbers have thinner skins and fewer seeds, keeping the salad crisp. If using garden cucumbers, consider peeling and seeding them.
- Onion mellowing: Red onions turn milder and slightly pink as they pickle—this is normal and desirable.
- Make it spicy: Add a sliced jalapeño or a pinch of cayenne to the brine.
- Herb variations: Fresh cilantro, mint, or basil all work beautifully in place of dill.
- No honey: The salad is still delicious without sweetener; the vegetables' natural sugars balance the vinegar adequately.
- Serving ideas: Serve alongside grilled chicken or fish, tucked into wraps, spooned over hummus, or as a crunchy topping for grain bowls.

Nutrition Information (per serving, approximately $\frac{3}{4}$ cup)

Based on 6 servings, calculated with honey included. Values are estimates and will vary with exact ingredients and brands.

- Calories: ~85 kcal
- Total Fat: 4.5 g
- Saturated Fat: 0.7 g
- Sodium: ~390 mg
- Total Carbohydrates: 10 g
- Dietary Fiber: 2 g
- Total Sugars: 6 g (includes ~2 g added sugar from honey)
- Protein: 1.5 g
- Vitamin C: ~65% DV

- Vitamin A: ~15% DV

- Potassium: ~250 mg