

the healing powers of pickling

Stay healthy all summer long with this immune-boosting coleslaw alternative.

PROBIOTICS ARE ALL THE RAGE among health nuts, but one can only eat so much yogurt. To get more of the good-for-you gut bacteria, try a tangy summer side of fermented pickled vegetables. "Fermented veggies promote healthy microorganisms in your gut that aid digestion and boost your immune system," says Frank Lipman, MD, of Eleven Eleven Wellness Center in New York City. And that helps prevent a surplus of bad bacteria that can lead to inflammation, obesity, and other chronic diseases that start in your gut, he says. Probiotics may prevent food allergies and obesity, too, by changing how our gut filters allergens and molecules that create inflammation. Sounds good to us—and so does this yummy recipe! MELISSA WILLIAMS

zesty beets and cauliflower

The fermentation process takes several weeks, so plan in advance.

MAKES 12 SERVINGS

- 1 cheesecloth
- 1 qt plain yogurt
- ¼ cup salt
- 1 1-gallon glass jar, 2 half-gallon jars, or 8 pint jars
- 1 small head cauliflower, cut into florets
- 3-4 medium red beets, unpeeled, thinly sliced
- 1 jalapeño pepper, halved and seeded
- 3 cloves garlic, thinly sliced
- 1 tsp mustard seeds
- 1 tsp coriander seeds
- 1 tsp black pepper seeds

1 Tie a square of cheesecloth over a large bowl. Pour yogurt onto the cheesecloth and let it sit for two hours to strain. Reserve the whey water that collects in the bowl; discard cheesecloth and contents that did not strain through.

2 In a large bowl, dissolve salt in 1 qt hot water, then let cool. Add 3 qts water and ¼ cup whey water culture to create a brine.

3 Layer veggies and remaining ingredients in jars. Fill jars to the brim with brine and seal tightly with lid. Store on a countertop for two to four weeks, briefly removing the cap every two days to release gas and to push veggies below the surface of the liquid. When the veggies taste sour like a lemon, they're ready.

NUTRITIONAL INFO 19 calories per serving, 1 g protein, 0 g fat, 4 g carbs, 1 g fiber, 349 g sodium

Recipe from Mara King, co-owner of Ozuké's Pickled Things, ozuke.com