

Marinated Veggies

in a pan, heat  
1 cup water  
1 cup Rice Wine Vinegar  
1 cup sugar

prep the veggies of your choice:

cukes  
cauliflower  
julienne green peppers  
onions  
blanched carrot matchsticks  
celery

Put veggies into a heat resistant jar or conatiner. Pour the hot liquid on top, seal and put in the frig for at least a week.