



Pineapple Cucumber Atchara Recipe

Preparation Time	5
Cooking Time	8
Serving Size	12

Ingredients:

- 1 kg cucumber, peeled, sliced thinly
- 1 can DEL MONTE Pineapple Tidbits (227g), drained
- 1 pc bell pepper, red, sliced

- 1 1/2 cup DEL MONTE Red Cane Vinegar
- 1 1/2 cup sugar, white

Preparation:

1. Arrange the cucumber, DEL MONTE Pineapple Tidbits, and bell pepper in a sterilized jar.
2. In a pot, combine the DEL MONTE Red Cane Vinegar and sugar. Simmer until the sugar is fully dissolved.
3. Pour the pickling liquid over vegetables mixture while still hot then cover.

Chef's Tip

To make colorful bottled atchara, layer the cucumber, pineapple, and bell pepper alternately. Make sure the bottles are packed before pouring the pickling liquid so that the vegetables will not move around.

Lusog Notes

Did you know that pineapples in this Pineapple Cucumber Atchara recipe contain manganese that may help in the normal formation of connective tissues and bones? It also has vitamin C that may help fight common infections.