



## Vegetable Atchara Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>12</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2/3 cup carrot, peeled and cut into strips
- 2/3 cup singkamas, peeled and cut into strips
- 1/4 cup bell pepper, green, cut into strips
- 1/4 cup bell pepper, red, cut into strips
- 7 pc sibuyas Tagalog/shallots, peeled, whole
- 1 Tbsp ginger, cut into strips
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained

### FOR THE SYRUP

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

### Preparation:

1. Arrange vegetables and DEL MONTE Pineapple Tidbits in a sterilized jar.
2. Combine syrup ingredients and simmer uncovered over low heat (without stirring) for 5 minutes.
3. Pour over vegetables mixture while still hot then cover.

### Chef's Tip

Sealing the jars of preserved fruits or vegetables while hot prevents bacteria from entering. Atchara is best served after 2 days so the flavors are better infused.

### Lusog Notes

This vegetable dish is a good source of vitamin A that helps keep the immune system healthy, and of vitamin C that helps enhance the absorption of iron in the body.

### Cooking Skills Needed

- Simmering

### Cooking Tools

- Measuring Cups
- Chopping Board
- Pot
- Spatula