

Marinade Bouquet

Makes 2 cups

Serving Size: 2 tablespoons

Ingredients Classic Marinade

1 cup extra virgin olive oil
½ cup red wine vinegar
½ small onion, minced
1 clove garlic, minced
4 large sprigs fresh basil, finely chopped
Dash of salt and pepper

Ingredients South American Marinade

1 cup extra virgin olive oil
½ cup fresh squeezed orange juice
Juice of one lime
½ cup chopped fresh pineapple
Pinch of chili powder
Pinch of ground cumin
½ small red onion, minced
1 clove garlic, minced
1 jalapeno seeded and diced
4 large sprigs fresh basil, finely chopped
Dash of salt and pepper

Ingredients Asian Marinade

¾ cup extra virgin olive oil
¼ cup sesame seed oil
¼ cup red wine vinegar
1 teaspoon fresh ginger, diced
½ cup chopped fresh pineapple
1 clove garlic, minced
1 tablespoon brown sugar
Dash of salt and pepper
2 tablespoons fresh cilantro, finely chopped (optional)

Directions

Combine the ingredients in a medium mixing bowl. Use as a marinade for beef, pork or chicken before grilling. Marinating meat before grilling adds flavor and moisture to lean meats.

These recipes make 2 cups so that you can reserve some to use as a sauce at the table.

Exchanges per serving:

3 fats

Nutrients per serving:

Calories: 121

Saturated Fat: 2g

Cholesterol: 0mg

Total Carbohydrate: 0g

Protein: 0g

Calories from fat: 70

Total Fat: 14g

Sodium: 10mg

Dietary Fiber: 0g