

Marinades



Ingredients

Balsamic-

See step 2

Lime Cilantro-

See step 3

Garlic Herb-

See step 4

Utensils

Mixing Bowl

Whisk/Spoon

Container to store

Ziplock bag



Recipe Instructions

Step 1: Place Ingredients

In a bowl, place all ingredients and mix

Step 2: Balsamic

3 TBL Balsamic Vinegar

3 TBL EVOO

1 tsp oregano

1 tsp basil

Pinch s and p

Step 3: Lime Cilantro

½ lime or 1 TBL lime juice

¼ cup EVOO

¼ cup chopped cilantro

1 TBL minced Garlic

Pinch s and p

Step 4: Garlic and Herb

1/8 cup EVOO

¼ cup White Vinegar

1 TBL Garlic powder

1 spring rosemary

1 spring thyme

Fresh parsley and pinch s and p

Step 5: Add to Meat

In a ziplock bag, place thawed meat of your choices such as, Chicken, steak or seafood in the bag. Add marinade and zip up bag. Mix around and let soak 3 hours up to 2 days

Step 6: Cook and Enjoy

Bake, Sautee, or grill!

*Note, if grilling be careful of flame from oil/vinegar.



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Use gloves when marinating meats.

EVOO- Extra Virgin Olive Oil

TBL – tablespoon

TSP- teaspoon