



Herbal Marinade

SERVINGS: 1/4 CUP

EST. COST: \$0.50

COST PER SERVING: \$0.50

Ingredients

- 3 tbsp oil (e.g., canola, olive, coconut)
- 1 tsp lemon juice
- 2 tsp rosemary dried OR 1 sprig fresh, minced
- 1 tbsp garlic, minced OR 1 tsp garlic powder

Directions

1. In another small bowl, mix the ingredients for the marinade.
2. Refrigerate until ready to use.
3. Brush the marinade on each side of the meat choice before adding to skillet or grill.

Equipment

Large mixing bowl, spoon, Marinade food brush



Herbal Marinade

| Herbal Marinade | | |
|---|-----------------------|------|
| Nutrition Facts | | |
| Serving Size | 1 Serving | |
| Amount Per Serving | | |
| Calories | 93.3 | |
| | % Daily Value* | |
| Total Fat | 10.2 g | 13 % |
| Saturated Fat | 1.4 g | 7 % |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0 % |
| Sodium | 0.9 mg | 0 % |
| Total Carbohydrate | 0.8 g | 0 % |
| Dietary Fiber | 0.1 g | 0 % |
| Total Sugars | 0 g | |
| Added Sugars | 0 g | 0 % |
| Protein | 0.2 g | |
| Vitamin D | 0 mcg | 0 % |
| Calcium | 5 mg | 0 % |
| Iron | 0.1 mg | 1 % |
| Potassium | 11.9 mg | 0 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | | |

Health Benefits

Herbal Marinade tip:
Use a mixture that includes vinegar, lemon juice, or wine along with oil, herbs, and spices, providing more flavor and antioxidant properties.

Kitchen spices and herbal marinades prevent the formation of harmful carcinogenic compounds.

Add 30 minutes on protein before cooking (grilling / pan-fry) / processing

References:

- Recipe provided by LA Dixon, 2023