

6

EASY

marinade recipes

LEMON
GINGER



CHILI
GARLIC



HONEY
GARLIC



CURRIED
YOGURT



JERK



CILANTRO
LIME



6 Easy Marinade Recipes

Honey Garlic

2 tbsp. olive oil
2 tbsp. reduced-sodium soy sauce
4 tbsp. honey
2 garlic cloves, minced
4 tbsp. water

Jerk

1 tsp. dried thyme
1 tsp. ground allspice
2 tbsp. maple syrup or honey
1/2 tsp. salt
1/2 tsp. black pepper
2 tsp. garlic powder
1/2 tsp. cinnamon
1/4 tsp. cayenne
2 tbsp. olive oil
2 tbsp. lime juice

Lemon Ginger

2 tbsp. olive oil
2 tsp. lemon juice
2 tsp. finely grated fresh ginger
1/4 tsp. salt
1/4 tsp. red pepper flakes

Directions:

- To prepare, simply combine the ingredients for each marinade in a bowl or mason jar. You can either use the marinade to marinate chicken or other meat right away or set aside for later.
- Each of the recipes makes enough marinade to marinate the equivalent of about 1lb chicken breasts, but you can also use it for chicken thighs, steak or shrimp.

Cilantro Lime

2 tbsp. olive oil
2 tbsp. fresh lime juice
2 tsp. honey
1/4 cup chopped fresh cilantro leaves
1 garlic clove, minced
1/4 tsp. salt

Curried Yogurt

4 tbsp. plain Greek yogurt
2 tsp. lime juice
2 tsp. curry paste
1 tsp. honey
1/4 tsp. salt

Chili Garlic

6 tbsp. chili garlic sauce
3 tbsp. reduce sodium soy sauce
4 tbsp. water

