



Sick of the same old grilled chicken or fish . . . Try this!

SUNKIST LEMON-HERB MARINADE

MARINATING IS A SIMPLE, VERSATILE TECHNIQUE THAT CAN BE USED TO ENHANCE FLAVOR IN A VARIETY OF DISHES. PAIR YOUR FRESHLY SQUEEZED CITRUS MARINADE WITH MEAT, POULTRY OR FISH, OR ADD A DELICIOUS ZING TO VEGETABLES.

INGREDIENTS:

- 1 LEMON ZESTED
- ¼ CUP FRESHLY SQUEEZED LEMON JUICE
- 6 TABLESPOONS OF OLIVE OIL
- 1 TABLESPOON MINCED FRESH GARLIC
- 3 TABLESPOONS MINCE FRESH THYME
- 3 TABLESPOONS MINCED CHIVES
- 2 TABLESPOONS MINCED FRESH BASIL OR ROSEMARY
- ¼ TEASPOON RED PEPPER FLAKES

RECIPE:

- IN A SMALL BOWL, WHISK TOGETHER ALL MARINADE INGREDIENTS.
- PLACE CHOICE OF MEAT, FISH OR POULTRY IN A RESEALABLE PLASTIC BAG.
- ADD ABOUT 1 TABLESPOON OF MARINADE FOR EACH PORTION OF PROTEIN.
- MARINATE, REFRIGERATE, A MINIMUM OF 30 MINUTES OR UP TO 24 HOURS.
- SEASON WITH SEA SALT AND PEPPER BEFORE COOKING.
- MAKES ¾ CUPS