

Recipes

Summer Grilling Marinade

Ingredients:

4 garlic cloves
½ teaspoon dried basil
½ teaspoon dried oregano
1 teaspoon salt
1 teaspoon pepper
5 tablespoons extra virgin olive oil
¼ cup red wine vinegar
1 teaspoon sugar

Equipment Needed:

Measuring spoons Measuring cups Mixing bowl Resealable bag OR container with lid

Number of Servings: 4 Prep Time: 5 minutes Total Time: 5 minutes

Directions

- 1. Crush garlic. Mix with basil, oregano, salt and pepper.
- 2. Mix in oil, vinegar and sugar.
- 3. Marinate meat or vegetables in a resealable plastic bag or container with lid, in the refrigerator, for 4-24 hours.

Food Safety Tip

Never reuse marinades, especially if used for raw meat.

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Nutrition Facts Serving Size: 1/2 cup

Servings: 4			
Amount Per Se	erving		
Calories 85		Calories from Fat 81	
%Daily Value*			
Total Fat 9g	1	13%	
Saturated	Fat 1g		6%
Cholestero	l Omg		0%
Sodium 268mg		11%	
Total Carbohydrate 3g 1%		1%	
Dietary Fiber 1g 3%		3%	
Protein trace g 0%		0%	
Vitamin A	1%	Vitamin C	2%
Iron	3%	Calcium	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

TIP: Try substituting different herbs for new flavors.

Adapted from Martha Stewart's Mediterranean Marinade Recipe

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-ree: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

2013



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VCEP-5NP

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