

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 Serving	
Calories 85	Calories from Fat 81
	%Daily Value*
Total Fat 9g	13%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 268mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Protein trace g	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

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