

EASY-PEASY GRILLING MARINADES

Recipe brought to you and adapted by Kristin E. Davis, MS, RD, LD, OTL

ALL-PURPOSE MARINADE

2 Tablespoons avocado oil, 1/4 cup lime juice (~ 2 limes), 1/2 cup low-sodium soy sauce or coconut aminos, 2 cloves minced garlic or 1/2 teaspoon garlic powder, 2 teaspoons fresh grated ginger or 1 teaspoon ground ginger, 2 Tablespoons honey

Adapted from Run Fast, Eat Slow cookbook

MEDITERRANEAN MARINADE

1/3 cup avocado oil, 1/4 cup lemon juice, 1 Tablespoon chopped fresh basil or 1 teaspoon dried basil, 2 teaspoons chopped thyme or 1/2 teaspoon dried thyme, 2 cloves minced garlic or 1/2 teaspoon garlic powder, 1/4 teaspoon salt, 1/4 teaspoon pepper

Adapted from www.bettycrocker.com

ITALIAN BALSAMIC MARINADE

1/4 cup avocado oil, 1/4 cup balsamic vinegar, 2 cloves minced garlic or 1/2 teaspoon garlic powder, 1 Tablespoon Italian seasoning, 1/2 teaspoon salt, 1/2 teaspoon pepper

Adapted from www.eatingwell.com

MEXICAN MARINADE

1/3 cup white vinegar, 1/3 cup avocado oil, 1/3 cup fresh chopped cilantro, 1/4 cup water, 2-3 cloves garlic or 1/2 - 3/4 teaspoon garlic powder, juice of 1 lime, 1 Tablespoon cumin, 1 Tablespoon oregano, 2 teaspoons chili powder, 1 teaspoon ancho chili powder, 1 teaspoon salt, 1-2 teaspoons black pepper

Adapted from www.thespruceeats.com

YOGURT MARINADE

1 cup plain Greek yogurt, 1 cup fresh chopped cilantro, 2 Tablespoons lemon juice, 2-3 cloves minced garlic or 1/2 - 3/4 teaspoon garlic powder, 1 teaspoon cayenne pepper, 1 teaspoon cumin, salt and pepper to taste

Adapted from www.foodandwine.com