

# MARINADES

All ingredients are whisked together to make the marinade unless stated otherwise.  
Then place the marinade in a zip-lock bag with chicken, beef or fish for 1-12 hours as per recipe.

## For a 4 lb chicken

- 1/2 C Orange juice
- 1/4 C Extra virgin olive oil
- 1/4 C Hot sauce
- 1/4 C Dijon musard
- 1 T Orange (zest)



## For 6 chicken thighs or breasts

- 1/3 C Extra virgin olive oil
- 3 T Lemon juice
- Fennel seeds (coarsely crushed)
- 3/4 t Salt
- 1/2 t Pepper



## For 6 boneless & skinless chicken thighs (also works well for mushrooms)

- 1/2 C Extra virgin olive oil
- 2 T Balsamic vinegar
- 1 T Worcestershire sauce
- 1 t Red pepper flakes (crushed)
- 3 T Rosemary (fresh) (4 to 5 sprigs) (stripped) (leaves chopped)



## For beef steak - mix ingredients in your blender instead of with a whisk -makes 1 1/3 C

- 1/3 C Soy sauce OR Tamari sauce (low sodium)
- 1/3 C Extra virgin olive oil
- 1/3 C Lemon (juice)
- 1/4 C Worcestershire sauce
- 1 1/2 T Garlic powder
- 3 T Basil
- 1 1/2 T Parsley flakes
- 1 t White pepper
- 1/4 t Hot pepper sauce (optional)
- 1 t Garlic (dried) (minced) (optional)



## For fish - only requires 30 minutes in the marinade

- 1/4 C Orange juice
- 1/4 C Soy Sauce OR Tamari Sauce (low sodium)
- 2 T Ketchup
- 3 T Healthy oil
- 2 cloves Garlic
- 1 t Pepper (1/2 t) & Oregano (1/2 t)
- 1/4 t Parsley

