

## MARINADES FOR GRILLED MEATS

**\*Greek:** (best with pork, chicken and lamb)

¼ c. olive oil

2 T. lemon juice

1 t. oregano leaves

½ t. salt

¼ t. pepper

1 clove garlic, minced

**\*\*Asian:** (best with pork and beef)

¼ c. soy sauce

¼ c. sherry

1 T. canola oil

1 t. sugar

1 clove garlic, minced

2 t. chopped fresh ginger root or ½ t. dried ginger

**\*\*Spicy Balsamic:** (best with chicken)

¼ c. olive oil

¼ c. balsamic vinegar

3 cloves garlic, minced

¼ t. salt

¼ t. dried red pepper flakes

## MARINADES FOR GRILLED MEATS

- \*Mojito: (best with chicken)
- Zest from two limes
  - ¼ c. fresh lime juice
  - ¼ c. fresh orange juice
  - 1 T. olive oil
  - 1 T. honey
  - 2 T. chopped fresh mint
  - 1 t. ground cumin
  - 2 cloves garlic, minced
  - ½ t. salt

### TIPS FOR MARINATING MEAT FOR THE GRILL

1. Trim all fat from meat and prepare for cooking before marinating.  
Kebabs: cut into uniform 1-2" cubes.  
Chicken breasts: pound to ½" thickness.
2. Place in zip-top plastic bag.
3. Combine marinade ingredients and pour over meat.
4. Seal bag and turn to coat.
5. Immediately place bag in a bowl or pan in the refrigerator.
6. Marinate up to \*2 hours or \*\*4 hours.
7. Discard marinade.