

Grilling Marinades

Beef or Chicken Marinade

Ingredients:

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons distilled white vinegar
- 2 tablespoons minced garlic
(or 1 1/2 teaspoons garlic powder)
- 1 1/2 teaspoons ground ginger
- 1/2 cup vegetable oil
- 2 green onions, chopped
- 1 teaspoon coarsely ground black pepper
- Optional: chopped hot peppers

Directions:

1. In a large bowl, mix soy sauce, honey, distilled white vinegar, garlic, ground ginger, vegetable oil, green onions and black pepper until well combined.
2. Place desired meat in marinade. Marinate in the refrigerator at least 4 hours before grilling. After removing meat from marinade to grill, discard remaining marinade.

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Fish Marinade

Ingredients:

- 1 clove garlic, minced
- 6 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon ground black pepper
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley

**Enough marinade for approximately 12 ounces fish*

Directions:

1. In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.
2. Place fish of choice in a shallow glass dish or a resealable plastic bag, and pour the marinade over the fish.
3. Cover or seal and place in the refrigerator for 1 hour, turning occasionally. After removing fish from marinade, discard remaining marinade.

Source: *www.allrecipes.com*



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