

Bust out the grill—it’s that time of year when the warm weather and longer days inspire us to cook outdoors. Marinades are an easy and healthy way to ensure flavorful, juicy results without adding a lot of fat or calories. Marinades are liquid mixtures that normally include some sort of acid, like wine or vinegar, plus oil and herbs or spices. Besides making food more flavorful, the acid breaks down the muscle tissue, which makes it more tender and moist.

Pirate Marinade

This big, bold marinade is full of flavor, satisfying your taste buds to want more!



Ingredients

- 1/4 cup canola oil
- 1 medium onion, chopped
- 2 tbsp chopped garlic
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup red-wine vinegar
- 1/2 tsp freshly grated orange zest
- 1/4 cup orange juice
- 3 tbsp packed brown sugar
- 2 tsp ground allspice
- 3/4 tsp freshly ground pepper
- 1/2 tsp dried thyme
- 1/2 tsp ground cloves
- 1/2 tsp ground cinnamon
- 5 dashes hot sauce

Instructions

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring, until translucent, about 2 minutes. Transfer to a medium bowl.
2. Stir in soy sauce, vinegar, orange zest, orange juice, brown sugar, allspice, pepper, thyme, cloves, cinnamon and hot sauce. Let cool to room temperature.
3. Pour cooled marinade into a shallow dish or 1-gallon sealable plastic bag for marinating 1 to 2 pounds (4 to 8 servings) of your chosen protein.

Marinating Times

SALMON FILLET: 30 minutes, 3-5 minutes per side

CHICKEN BREAST boneless, skinless: 2 hours to overnight, 6-8 minutes per side; 165°F

PORK CHOPS bone-in, 3/4" thick: 2 hours to overnight, 3-4 minutes per side; 145°F

Nutritional Information (per serving ~2 tsp)			
Calories	19	Monounsaturated Fat	1 g
Protein	0 g	Cholesterol	0 mg
Carbohydrate	2 g	Sodium	89 mg
Total Fat	1 g	Fibre	0 g
Saturated Fat	0 g	Makes 2 cups	

Resource: http://www.eatingwell.com/recipes/pirate_marinade.html

Red Wine Marinade

This simple classic marinade is perfect paired with dark or gamy meats. For a greater intensity, try using a full-bodied red, such as Shiraz or Zinfandel. For a more delicate flavor, use a lighter red, such as Pinot Noir or Burgundy.



Ingredients

- 2 cups red wine
- 1 small onion, diced
- 2 3 tsp orange zest
- 2 sprigs fresh rosemary, coarsely chopped
- 1 tsp kosher salt
- 1 tsp freshly ground pepper

Instructions

1. Combine wine, onion, orange zest, rosemary, salt and pepper in a medium bowl.
2. Pour the marinade into a shallow baking dish or 1-gallon sealable plastic bag for marinating 1 to 2 pounds (4 to 8 servings) of your chosen protein.

Marinating Times

CHICKEN BREAST boneless, skinless: 2 hours to overnight, 6-8 minutes per side; 165°F

STRIP STEAK bone-in, 3/4"-1" thick: 2 hours to overnight, 4-5 minutes per side; 140°F for medium

LAMB CHOPS: 2 hours to overnight, 5-6 minutes per side; 145°F for medium

Nutritional Information (per serving ~2 tsp)			
Calories	8	Monounsaturated Fat	0 g
Protein	0 g	Cholesterol	0 mg
Carbohydrate	1 g	Sodium	16 mg
Total Fat	0 g	Fibre	0 g
Saturated Fat	0 g	Makes 3 cups	