

The Marination Revelation

Store-Bought vs. Homemade

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 way (but not always a healthy way) of ensuring flavourful, juicy results. However, are you aware of what your favourite brand may contain?

High Sugar

High Sodium

Unhealthy fats and oils

Synthetic Preservatives

Each of these can be risk factors for:

- weight gain
- diabetes
- cardiovascular disease
- stroke
- kidney disease
- cancer such as colorectal, stomach, and prostate.

Do You Know What’s in Your Bottle?



Make Your Own Healthy Versions

Making your own marinades allows you to select your own ingredients, herbs, and spices to suit your own taste buds. While you can still find some “cleaner” versions at the grocery store, marinades, are surprisingly easy to make using a simple formula: Acid, herbs/spices, and oil!

Category	Ingredients	Purpose
Acid	Lemon juice or vinegars such as: basic white, rice, red wine, apple cider and balsamic vinegar.	Breaks down muscle tissue to ensure a moist and tender meat.
Herbs & Spices	Garlic, thyme, basil, rosemary, chili, cayenne pepper.	Adds flavours, tastes, and aromas.
Oils	Olive, grapeseed, avocado, liquid coconut oil.	Allows the marinade to adhere to the meat and disperse flavours.



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Recipes



Lemon Herb Marinade

*1lb fish or chicken
½ cup olive oil
¼ cup lemon juice
1 tbsp chopped fresh or 1 tsp dried basil leaves
2 tsp chopped fresh or ½ tsp dried thyme leaves
¼ tsp salt
¼ tsp pepper
2 cloves garlic, finely chopped

bettycrocker.com

Maple Glazed Salmon

*4 salmon fillets
3 tbsp maple syrup
2 tbsp rice vinegar
2 tbsp fresh orange juice

Before grilling drizzle olive oil on a sheet of aluminum foil. Grill the salmon on the foil to prevent it from sticking to the grill.

myrecipes.com

Veggie or Steak Marinade

*2.5 lbs steak
½ cup balsamic vinegar
¼ cup olive oil
6 garlic cloves whole
2 tbsp Dijon mustard
2 tbsp Worcestershire sauce
Zest of 1 lemon
1 tsp sea salt
1 tsp black pepper
1 tsp red pepper flakes (optional)

girlandthekitchen.com

Herbed Pork Marinade

*3 lbs pork tenderloin
1 lemon zest grated
¾ cup freshly squeezed lemon juice (4-6 lemons)
2 tbsp minced garlic
1 ½ tbsp. minced fresh rosemary leaves
1 tbsp chopped fresh thyme leaves
2 tsp Dijon mustard
Pinch of sea salt
Fresh ground pepper

foodnetwork.com

Shrimp Kabob Marinade

*2 lbs fresh shrimp peeled
3 cloves garlic, minced
1/3 cup olive oil
¼ cup tomato sauce
2 tbsp red wine vinegar
2 tbsp fresh chopped basil
½ tsp sea salt
¼ tsp cayenne pepper

allrecipes.com

Tofu Marinade

*Dry 1 lb extra firm tofu prior to marinating.
5 tbsp rice vinegar
3 tbsp light soy sauce
1 ½ tsp sesame oil
1 tsp sugar
¾ tsp chili paste
1 ½ tsp fresh garlic (finely chopped)
1 ½ tbsp liquid coconut oil

thespruce.com

Follow these directions for any of the recipes:

- 1) In a mixing bowl or resealable plastic bag, mix together all the ingredients. Add your protein or vegetables to the marinade. Mix to coat everything.
- 2) Cover and refrigerate for a minimum of 1 hour. Do not marinate for longer than 24 hours.
- 3) Remove meat/food product from the marinade and discard the leftovers. Grill or sauté as desired.

Keep Your Food Safe!

Make sure you keep meat and seafood out of the danger zone of temperatures between 40-140F which can allow for microbial growth.