

HEALTHY SUMMER EATING

Healthy Marinades

It's time to bring out the grill! Warm weather and longer days are great inspiration for outdoor cooking. Whether you're grilling up burgers, chicken kabobs, or fresh veggies, marinades are an easy way to boost flavour – but they aren't always a healthy choice. Do you know what's in your favourite bottle of store-bought marinade?



High Sugar



High Sodium



Unhealthy Fats & Oils



Synthetic Preservatives

Each of these can contribute to the risk of:

- Weight gain
- Diabetes
- Cardiovascular disease
- Stroke
- Kidney disease
- Cancer

Make Your Own!

While you can find some “cleaner” marinades on store shelves today, homemade marinades are so much healthier! Making your own marinades allows you to select ingredients that suit your taste buds, and a simple formula makes them easy to make.



FATS

olive oil, canola oil, avocado oil, vegetable oil, sunflower oil, coconut oil, or milk

SEASONINGS

garlic, ginger, shallots, fresh or dried herbs, spices, citrus zest, honey, chile peppers

ACID

vinegar (any type), lemon or lime juice, orange juice, Greek yogurt, buttermilk

Tasty Marinade Recipes

Boost the flavour of your favourite grilled foods with these homemade marinades! For each of the recipes below:

- ❶ Mix all listed ingredients. Add your protein or vegetables to the marinade and mix to coat.
- ❷ Cover and refrigerate for at least 1 hour. Do not marinate for more than 24 hours.
- ❸ Remove food from the marinade and grill! Discard any remaining marinade.

Lemon Herb Marinade

Serving for 1 lb protein or veg

- ½ cup olive oil
- ¼ cup lemon juice
- 1 tbsp chopped fresh basil, or 1 tsp dried
- 2 tsp chopped fresh thyme, or ½ tsp dried
- ¼ tsp salt
- ¼ tsp pepper
- 2 cloves garlic, finely chopped

Maple Glaze Salmon

Serving for 4 fillets or equivalent

- 3 tbsp maple syrup
- 2 tbsp rice vinegar
- 2 tbsp fresh orange juice

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

Veggie or Steak Marinade

Serving for 2.5 lbs steak or equivalent

- 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)



Herbed Pork Marinade

Serving for 3 lbs pork tenderloin

- Zest of 1 lemon
- ¾ cup lemon juice (4-6 lemons)
- 2 tbsp minced garlic
- 1 ½ tbsp minced fresh rosemary
- 1 tbsp chopped fresh thyme
- 2 tsp Dijon mustard
- Pinch of sea salt
- Fresh ground pepper

Shrimp Kabob Marinade

Serving for 2 lb shrimp

- 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

Tofu Marinade

Serving for 1 lb extra firm tofu
*dry tofu before 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 minced garlic
- 1 ½ tbsp liquid coconut oil

Sources: Recipes from bettycrocker.com, myrecipes.com, girlandthekitchen.com, foodnetwork.com, allrecipes.com, thespruce.com
Images by freepik