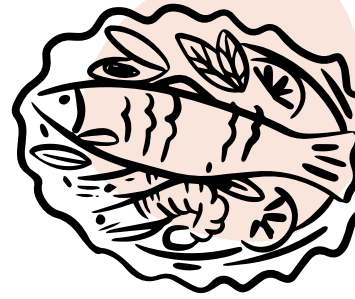


WET MARINADES

YIELD: Approx. $\frac{3}{4}$ cup to 1 cup marinade per recipe



Lemon Herb Marinade



- $\frac{1}{2}$ CUP OLIVE OIL
- $\frac{1}{4}$ CUP LEMON JUICE
- 3 CLOVES GARLIC, MINCED
- 1 TBSP CHOPPED FRESH PARSLEY
- 1 TBSP CHOPPED FRESH THYME (OR 1 TSP DRIED)
- 1 TBSP CHOPPED FRESH ROSEMARY (OR 1 TSP DRIED)
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Chicken, turkey, fish, shrimp, vegetables

Spicy BBQ Marinade

- $\frac{1}{2}$ CUP BBQ SAUCE
- $\frac{1}{4}$ CUP APPLE CIDER VINEGAR
- 2 TBSP OLIVE OIL
- 1 TBSP HOT SAUCE
- 1 TSP SMOKED PAPRIKA
- 1 TSP GARLIC POWDER
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Beef, pork ribs, chicken drumsticks

Peach Bourbon Marinade

- $\frac{1}{2}$ CUP PEACH PRESERVES
- $\frac{1}{4}$ CUP BOURBON
- 2 TBSP APPLE CIDER VINEGAR
- 1 TBSP OLIVE OIL
- 1 TSP SMOKED PAPRIKA
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Pork chops, chicken wings, beef skewers



Honey Lime Marinade

- $\frac{1}{3}$ CUP OLIVE OIL
- $\frac{1}{4}$ CUP LIME JUICE
- 3 TBSP HONEY
- 2 CLOVES GARLIC, MINCED
- 1 TSP CHILI POWDER
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Chicken thighs, shrimp, salmon, pork chops

Pineapple Teriyaki Marinade

- $\frac{1}{2}$ CUP PINEAPPLE JUICE
- $\frac{1}{4}$ CUP SOY SAUCE
- 2 TBSP BROWN SUGAR
- 1 TBSP SESAME OIL
- 2 CLOVES GARLIC, MINCED
- 1 TSP GRATED FRESH GINGER

BEST FOR: Chicken thighs, pork tenderloin, shrimp, tofu

BBQ Jerk Marinade



- $\frac{1}{2}$ CUP OLIVE OIL
- $\frac{1}{4}$ CUP SOY SAUCE
- $\frac{1}{4}$ CUP BROWN SUGAR
- 2 TBSP APPLE CIDER VINEGAR
- 1 TBSP GROUND ALLSPICE
- 1 TBSP GROUND THYME
- 1 TSP GROUND CINNAMON
- 1 TSP GROUND NUTMEG
- 2 CLOVES GARLIC, MINCED
- 1 SCOTCH BONNET PEPPER (SEEDS REMOVED, FINELY CHOPPED)
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Chicken, pork, beef, shrimp

Greek Yogurt Marinade

- $\frac{1}{2}$ CUP PLAIN GREEK YOGURT
- 3 TBSP OLIVE OIL
- 2 TBSP LEMON JUICE
- 2 CLOVES GARLIC, MINCED
- 1 TBSP CHOPPED FRESH DILL
- 1 TSP OREGANO
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Chicken breasts, chicken thighs, lamb, veggies



Basil Balsamic Marinade

- $\frac{1}{3}$ CUP OLIVE OIL
- $\frac{1}{4}$ CUP BALSAMIC VINEGAR
- 2 TBSP CHOPPED FRESH BASIL
- 2 CLOVES GARLIC, MINCED
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Steak, chicken, portobello mushrooms

Chimichurri Marinade

- $\frac{1}{2}$ CUP OLIVE OIL
- $\frac{1}{4}$ CUP RED WINE VINEGAR
- 1 TBSP FRESH OREGANO (OR 1 TSP DRIED)
- 1 TBSP FRESH PARSLEY, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 TSP RED PEPPER FLAKES
- 1 TSP SALT
- $\frac{1}{2}$ TSP BLACK PEPPER

BEST FOR: Steak, chicken, pork, grilled veggies

GENERAL DIRECTIONS & NOTES

- Whisk together all ingredients in a bowl.
- Marinate protein or veggies in the fridge.
- Cook using your preferred method (grilling, roasting, sautéing, etc.). If grilling, you can brush with extra marinade for more flavor.
- **NOTES:** Marinate overnight in the refrigerator for a deeper flavor. For marinades with lemon, lime, or orange juice, limit marinating to 2 hours to avoid mushiness. For marinades with only citrus peel, marinate up to 4 hours. Marinades with sugar or honey can burn quickly on the grill — watch closely and cook over medium heat if needed.

MARINADE YIELD GUIDE

- **CHICKEN:** 1½–2 lbs (3–4 breasts or thighs)
- **BEEF/PORK:** 1½ lbs sliced or cubed
- **SEAFOOD:** 1–1½ lbs (shrimp, fillets, etc.)
- **VEGGIES:** 3–4 cups chopped

Marinade Times

Seafood: 30 min – 1 hour
Chicken: 2 – 4 hours
Beef/Pork: 4 – 8 hours
Veggies: 30 min – 2 hours

